

# PRINEVILLE'S Favorite Recipes



Compiled by the

**OUR SAVIOR'S LUTHERAN LADIES AID**  
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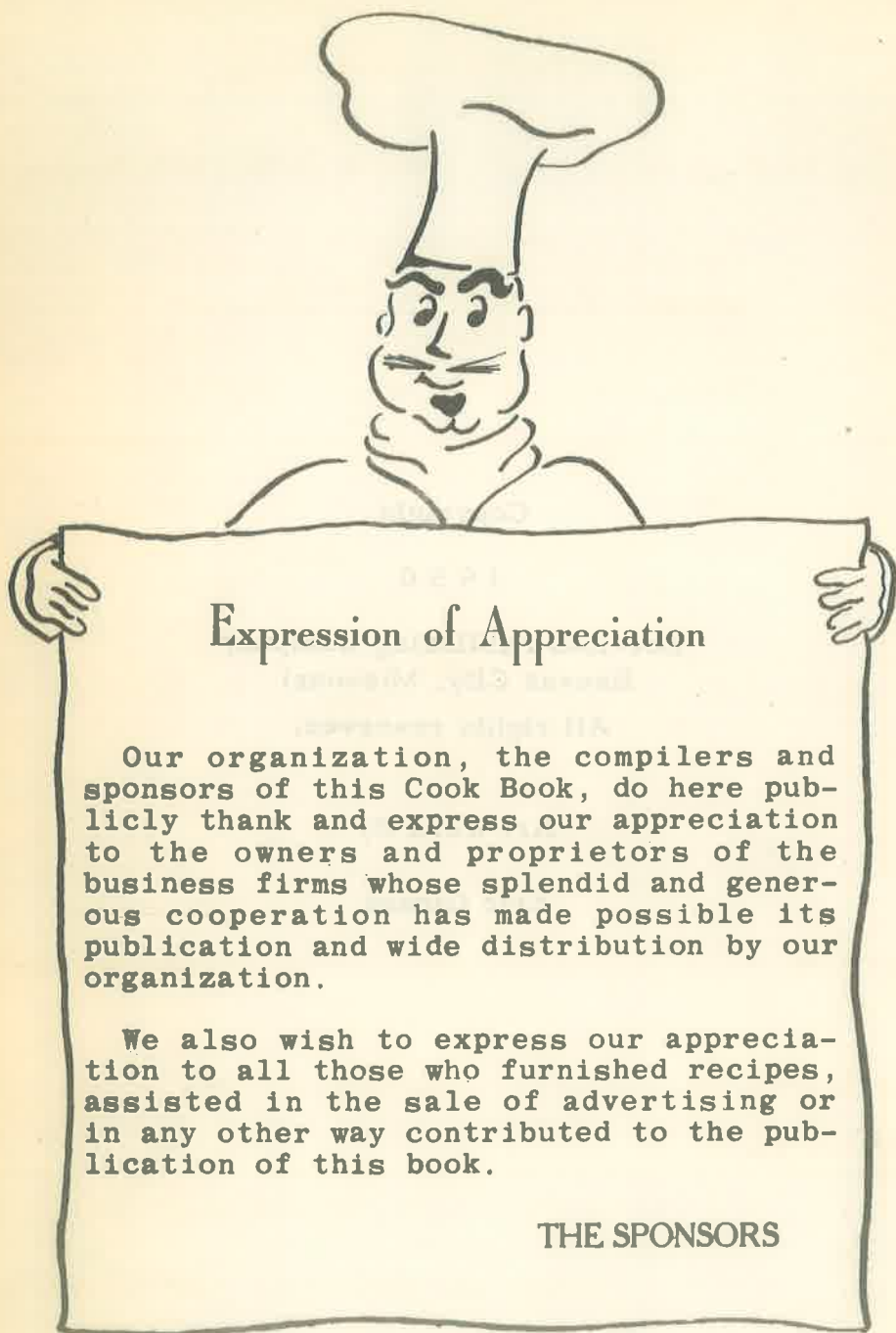
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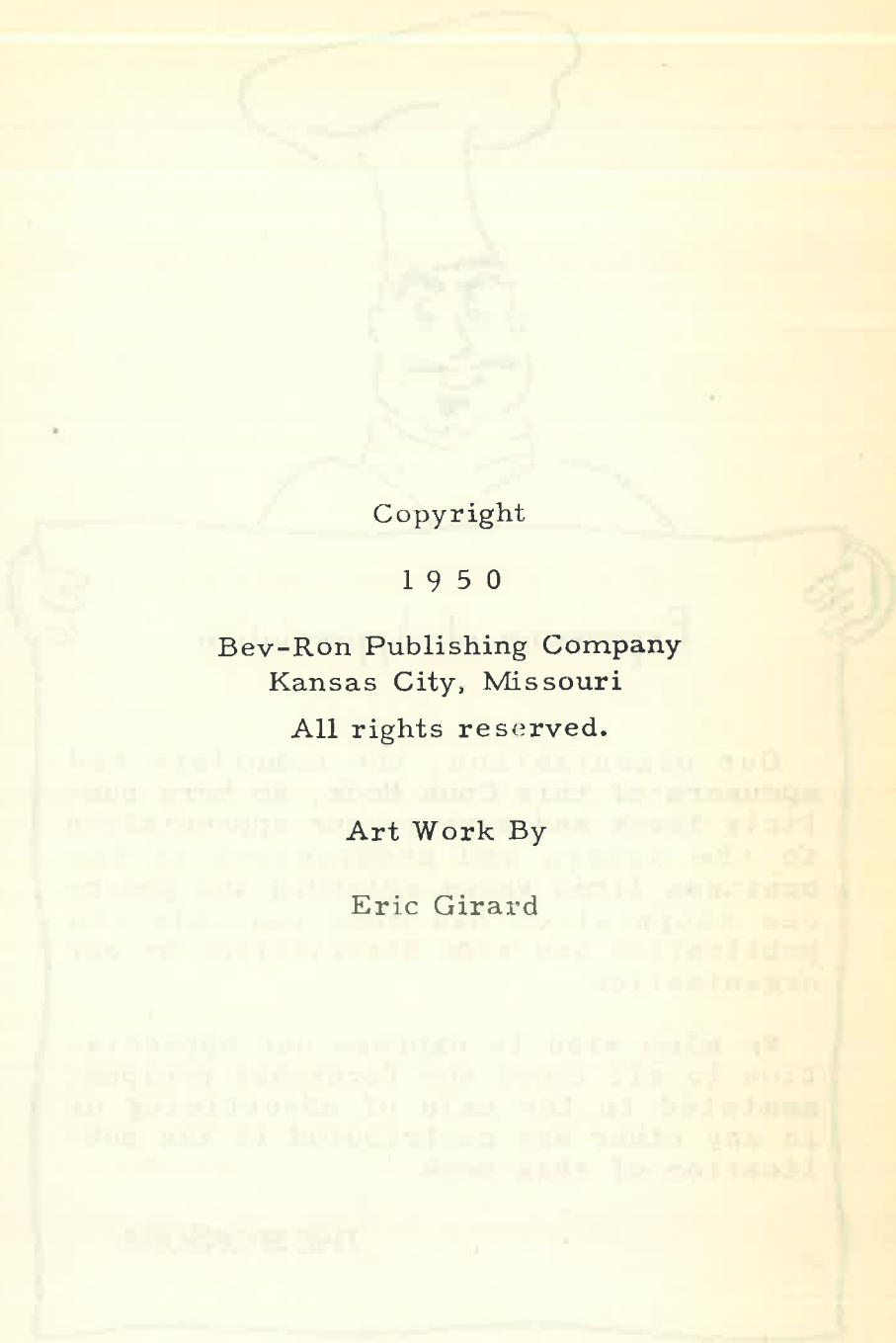


## Expression of Appreciation

Our organization, the compilers and sponsors of this Cook Book, do here publicly thank and express our appreciation to the owners and proprietors of the business firms whose splendid and generous cooperation has made possible its publication and wide distribution by our organization.

We also wish to express our appreciation to all those who furnished recipes, assisted in the sale of advertising or in any other way contributed to the publication of this book.

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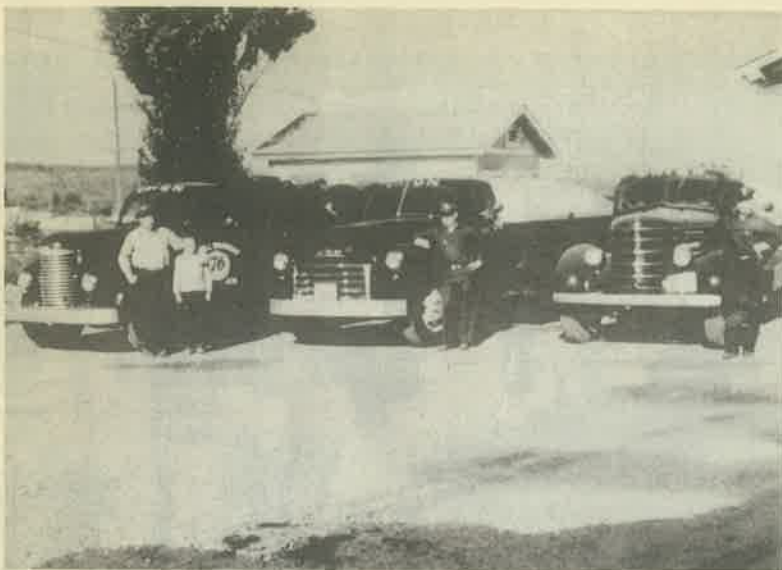
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We wish to extend our sincere appreciation to all who contributed recipes for this book, to the advertisers for their generosity and to Mrs. A. D. Amundson for her untiring efforts.

We dedicate this book to the woman of Our Savior's Lutheran Church whose labors of love have given a spiritual heritage to this generation.



W. R. WAINRIGHT

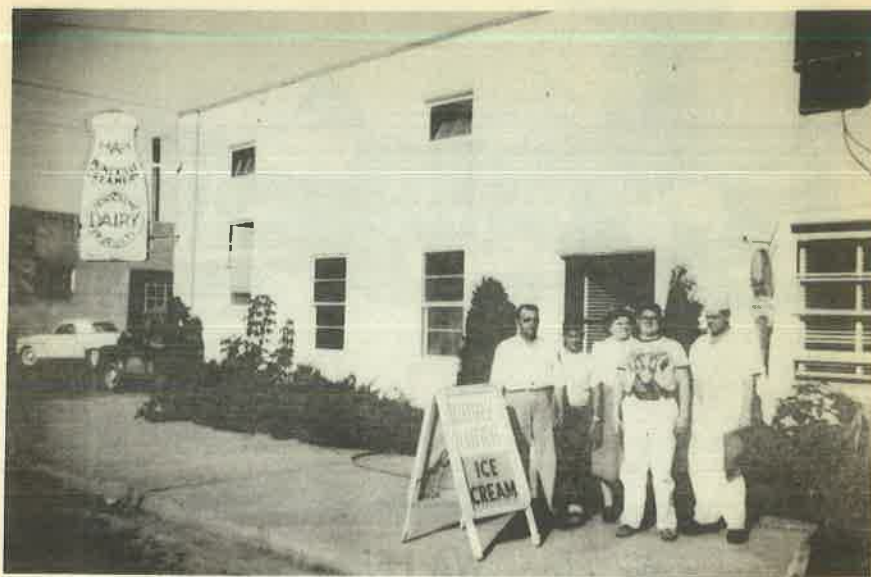
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## TABLE PRAYERS

Bless us, O Lord, and these thy gifts  
Which we are about to receive  
Through thy bountiful hands.  
In Christ's name, Amen.

The eyes of all wait upon Thee, O Lord;  
And Thou givest them their meat in due season.  
Thou openest Thine hand and satisfieth  
The desire of every living thing. Amen.

We thank Thee Lord for this our food,  
For life and health and every good;  
May manna to our souls be given  
The Bread of Life sent down from heaven. Amen.

God is great and God is good,  
And we thank Him for this food;  
By His hand must all be fed,  
Give us, Lord, our daily bread.

For what we are about to receive,  
Make us truly thankful.  
In God's name we ask it, Amen.

## PRAYERS OF THANKS

Father, we thank Thee for the night,  
And for the pleasant morning light,  
For rest and food and loving care,  
And all that makes the day so fair.

For flowers that bloom about our feet,  
For tender grass so fresh and sweet,  
For song of bird and hum of bee,  
For all things fair we hear or see,  
We thank Thee.--Emerson.

## A PRAYER FOR THE TOTS

Lord, I thank you for today  
For my work and for my play;  
Keep me sleeping good and tight  
And help to make tomorrow bright.

## HORS D'OEUVRES, PICKLES, RELISHES

### BREAD AND BUTTER PICKLES

Mrs. Isabelle Smith

24 medium cucumbers	1 tsp. celery seed
12 medium onions	1 tsp. mustard seed
2 c. sugar	1/2 tsp. turmeric
1 1/2 pts. vinegar	2 heaping tsp. cornstarch

Slice cucumbers and onions and soak in salt water about 2 hours. Mix cornstarch and turmeric with sugar and add spices and vinegar. Drain cucumbers and onions. Pour vinegar and mixture over and cook until cucumbers are transparent.

### CHUNK PICKLES

Mrs. Catherine Amundson

Soak large cucumbers in strong salt water for 3 days. Then soak in fresh water for 3 days. Cut in chunks and cook on back of stove in weak vinegar for 1 hour. Add alum. Drain. To 7 lbs. of pickles add:

2 1/2 lbs. sugar	1 oz. stick cinnamon
3 pts. vinegar	1 oz. allspice
1 oz. celery seed	

Let vinegar come to boil. Pour over cucumbers and repeat for 4 days, using same juice. Then can in jars.

### SWEET SOCIETY CHIPS

Mrs. Etta Hohnstein

14 large cucumbers

Pour boiling water over cucumbers each morning for 4 days. The 5th day, slice in 1/2 inch thick slices.

Make a syrup of:

1 qt. vinegar	1/2 c. pickling spices
6 c. white sugar	2 scant Tbsp. salt

Bring syrup to a boil. Pour hot syrup over cucumbers for 3 days. The 4th day bring to good boil and seal in jars.

## MINCE MEAT

Mrs. Carl Pausch

3 bowls cold boiled meat	2 Tbsp. cinnamon
4 bowls sugar	3 nutmegs, grated
1 bowl suet	2 bowls cider
2 bowls raisins	5 bowls chopped apples
1 bowl citron (candied)	1/2 bowl molasses
1 Tbsp. cloves	1/2 bowl vinegar

Run meat, apples, suet, citron through food chopper. Mix all together and cook until apples are done. Can while hot.

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Write Extra Recipes Here:



# Soups Salads 'n Vegetables



## HOUSEHOLD HINTS

To remove a grease spot caused by hair rubbing against the wall place a blotter over the spot and go over it with a warm iron. The grease will adhere to the blotter.

To brighten tarnished silverware let soak for an hour in water left after boiling potatoes. It will come out bright as new.

Keep a bottle of glycerine by the kitchen sink. It is excellent to prevent chapped hands. A teaspoon full added to each quart of soapy water will help to keep wollens fluffy and soft. It can be used to lubricate food beaters and grinders.

Dip the bottoms of cans of cleaning powder in paraffin wax and they will not rust the shelves.

Do not keep cake and bread in the same box as the cake will absorb the moisture from the bread.

To keep cookies moist and fresh place a slice of bread between layers of cookies.

To prevent a cake from sticking to the plate sprinkle the plate with powdered sugar.

A really delicious whipped cream substitute can be made by adding a sliced banana to the white of an egg. Beat with an egg beater until stiff. The banana will completely dissolve.

Sprinkle a handful of coffee over fish in your refrigerator and there will be no noticeable odor.

A lightning fast salad dressing can be made by blending 2 tablespoons of tomato paste with 6 tablespoons of mayonnaise. Season with grated onion, a dash of chili powder and a few drops of tabasco sauce. Very good with meat or fish salads.



## SOUPS, SALADS, VEGETABLES

### APPLE CIDER MOLDED SALAD      Mrs. Peter Martinson

Dissolve 1 pkg. lemon jello in 2 c. hot apple cider.  
Add:

1/4 tsp. salt      1 1/2 Tbsp. lemon juice

Chill in refrigerator until thickened. Add:

3/4 c. celery, diced      2 red apples, grated

Mix and put in mold. Chill in refrigerator until firm.  
Unmold on lettuce and serve with horseradish salad dressing.

#### Horseradish Salad Dressing:

1 c. salad dressing      1 Tbsp. horseradish  
1 c. sour cream, whipped      dash dry mustard  
slightly      1 tsp. sugar

Whip the sour cream slightly. Add salad dressing, horseradish, mustard and sugar. Mix.

### BANANA DELIGHT SALAD      Mrs. Vivian Brick

1 envelope gelatin      1/2 c. cold water

Let stand 5 minutes. Add 1 c. hot water and a little red food coloring. Chill till almost set.

4 bananas      8 marshmallows  
1/2 c. dates

Cut up and combine with 1/2 pt. cream, whipped. Add this to gelatin. Put in ring mold. Garnish with whipped cream in center.

### BEET SALAD      Mrs. Vivian Brick

8 medium beets

## BEET SALAD (Continued)

Well cooked, peeled and cooled. Dice very fine.

### Dressing:

1/2 c. cream	salt
1/2 c. mayonnaise	pepper

Whip cream. Reserve about half of the cream. Blend remainder of cream, mayonnaise and seasoning. Toss dressing with diced beets very gently. Garnish with reserved whipped cream.

## CABBAGE SALAD

Mrs. Vivian Brick

cabbage, grated

### Dressing:

1/2 c. cream, whipped	1/2 tsp. mustard
1/2 c. mayonnaise	salt
2 Tbsp. vinegar	pepper

Blend well. Put on grated cabbage. This will make enough dressing for a large cabbage salad.

## CALIFORNIA SALAD

Mrs. James Bruce

1 c. orange segments	1/2 c. shredded dates
1 c. apple slices	3 Tbsp. mayonnaise
1/2 c. banana slices	1 Tbsp. orange juice

Peel oranges and bananas. Use red apple, unpeeled. Combine prepared fruit in bowl and chill. Just before serving, toss together with mayonnaise, blended with orange juice. Serve on lettuce leaf or with water cress. Makes 4 portions.

## CARROT AND PINEAPPLE SALAD

Mrs. James Bruce

2 pkgs. lemon flavored jello	3 small or 2 large carrots
	1 No. 2 tin crushed pineapple

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## CARROT AND PINEAPPLE SALAD (Continued)

Prepare jello in usual manner. Shred carrots or grate fine. Drain pineapple and add to slightly cooled jello. Stir and pour into mold. Chill in refrigerator. Optional: a bit of orange rind may be added if desired. Serve with mayonnaise.

## CHICKEN SALAD

Mrs. Dale Bannon

2 c. diced chicken, cooked	1 Tbsp. chopped pickle
2 c. diced celery	1/2 tsp. salt
2 hard cooked eggs, diced	1/4 tsp. paprika
2 Tbsp. pimentos	1/2 tsp. mayonnaise
	1/2 c. cream, whipped

Mix the cream and the mayonnaise and chill. Mix and chill the rest of the ingredients. Add 1/3 c. mayonnaise mixture to the chicken mixture and serve in cups of crisp lettuce leaves. Top with remaining mayonnaise.

## GERMAN POTATO SALAD (Warm)

Mrs. Marie Raupach

Cook potatoes with jackets. Peel and slice and cover with following dressing. Cut 1/4 lb. bacon in small pieces and fry slowly until crisp. Remove bacon and keep it warm. Take 1 onion and cut in small pieces and put into the bacon fat and cover and let simmer about 10 minutes but not brown. Take 1/3 c. vinegar, 1/3 c. water and add to the bacon fat. Use a little flour to thicken. Put in salt and pepper to suit taste. The dressing should be transparent and glossy. Do not let it become brown. Pour over sliced potatoes and serve warm. Before serving put the crisp bacon pieces on top of salad.

## KIDNEY BEAN SALAD

Mrs. A. D. Amundson

2 No. 2 cans red kidney beans	1/4 c. sweet pickle, diced
	1/4 tsp. salt
3 hard cooked eggs, diced	2 Tbsp. kidney bean liquid
6 small green onion, diced	salad dressing to suit taste

Bring kidney beans to a boil, then cool in own liquid.



## KIDNEY BEAN SALAD (Continued)

When cool, drain off liquid, saving 2 Tbsp. Combine beans, diced eggs, onions, pickles, salt and a little pepper. Combine salad dressing and bean liquid. Then combine bean mixture with salad dressing very gently to retain shape of beans. Put in salad bowl and garnish with parsley and slices of hard cooked egg. Serves 6.

## MOLDED CHEESE AND APRICOT SALAD

Mrs. Eunice Jalling

1 pkg. lime jello	2 c. water
2 pkgs. cream cheese, diced	3/4 c. chopped canned apricots
few grains salt	1/3 c. chopped walnuts

Combine gelatin and 1 c. hot (boiling) water. Stir until dissolved. Add 1 c. apricot juice. Cool until partly set. Add apricots and cheese (cut in small pieces), nuts and salt. Mix thoroughly. Chill until firm. Serve on lettuce leaf with mayonnaise.

## PHILADELPHIA CHEESE SALAD

Mrs. Dale Bannon

1 box lime gelatin	1 box Philadelphia cream
1 1/2 c. water (hot)	cheese dissolved in cream
1 c. cream, whipped	1 small can crushed pineapple
	nuts, chopped

Dissolve gelatin with water and cream and cool. Add the cream with dissolved cheese, then the pineapple and nuts. Cool in refrigerator. Serve with mayonnaise.

## PINEAPPLE FROZEN SALAD

Mrs. Nedra Amundson

1 small can crushed pineapple	1/4 c. mayonnaise
24 marshmallows, cut fine	1 c. whipping cream
1/2 c. grated yellow cheese	pinch of salt
or cottage cheese	

Whip the cream, add salt. Fold in the mayonnaise. Add grated cheese, marshmallows and can of pineapple (juice and all). Mix. Put in tray and freeze. Serve on

- 6 - Prineville, Ore.

## PINEAPPLE FROZEN SALAD (Continued)

lettuce with mayonnaise.

### RING MOLD SALAD

Mrs. Margueritte Hagedorn

- |                            |                              |
|----------------------------|------------------------------|
| 1 1/2 Tbsp. gelatin        | 1/2 tsp. salt                |
| 1/4 c. cold water          | 1/4 c. chopped nuts          |
| 1/2 c. boiling water       | 1/2 c. finely chopped celery |
| 2 3-oz. pkgs. cream cheese | 2/3 c. evaporated milk       |
| 2 Tbsp. lemon juice        | 1/2 c. stuffed olives        |
| 1 c. crushed pineapple     |                              |

Soften gelatin in cold water, stir in boiling water until gelatin is dissolved. Mash cream cheese with fork, blend in lemon juice, add pineapple, salt, nuts and celery. Stir in gelatin and chill until partially set. Prepare milk for whipping by chilling in refrigerator tray until ice crystals form around the edges. Arrange olive slices around bottom of ring mold. Whip chilled milk in cold bowl with cold beater until very stiff. Lightly fold in gelatin mixture and pour in mold, being careful not to distort pattern of olives. Chill at least 3 hours. Serves 8 to 10.

### WHITE CAP TOMATO JELLY

Mrs. Harold Hobbs

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 envelope unflavored gelatin | 1/8 tsp. onion salt            |
| 1/4 c. cold tomato juice      | 1 Tbsp. lemon juice            |
| 1 3/4 c. hot tomato juice     | 1 c. cottage cheese            |
| 1/4 tsp. salt                 | 2 Tbsp. minced celery          |
| 1/4 tsp. celery salt          | 2 Tbsp. chopped stuffed olives |
|                               | 1 Tbsp. chopped chives         |

Dissolve gelatin in cold tomato juice, add salt, onion salt, celery salt and lemon juice. Add hot juice and cool until ready to set. Mix minced celery, stuffed olives and chives into cottage cheese and spread evenly in bottom of pan 8 x 12 inches. Then pour tomato mixture over it and put in refrigerator to set gelatin. Cut in squares and serve on lettuce leaf. Put a tart salad dressing on each serving.



## PINEAPPLE SALAD DRESSING

Mrs. Margueritte Hagedorn

1 c. pineapple juice	3 eggs
3/4 c. sugar	2 Tbsp. butter
1 Tbsp. flour	1/2 c. whipping cream

Heat the pineapple juice until just warm. Blend together the flour and butter, add egg yolks, beaten, sugar and egg whites, beaten stiff. Pour warm pineapple juice into this. Place in the top of double boiler and cook until thick. Cool and add whipped cream.

## FRENCH DRESSING

Mrs. Carl H. Johnson

1 c. mineral oil	1 tsp. salt
1 c. catsup	1 tsp. garlic salt
1/2 c. powdered sugar	juice of 1 lemon
1/4 c. vinegar	

Beat until smooth.

## RUSSIAN SALAD DRESSING

Mrs. Catherine Amundson

1 can Campbell's tomato soup	1 medium onion, grated
1 c. Wesson oil	1 clove garlic, minced
1/2 c. vinegar	1 Tbsp. prepared mustard
1/2 c. sugar	1 tsp. salt
	paprika

Put oil and soup in large bowl and beat until thick and smooth. Add sugar and vinegar, beat again. Add mustard, onion, garlic and paprika last. Shake well before using. Don't freeze. Makes 1 quart.

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# BEAUTY HINTS

## NAILS

The first rule in care of nails is gentleness. Never push cuticle back roughly or trim it too close. A good rule to follow on cutting cuticle is "do not cut unless it is ragged."

In filing nails be sure you do not file too far down in corners. This helps to prevent breakage and hangnails.

If you have trouble with polish staying on, check on your next manicure for these points:

- (1) The nail must be clean and dry before applying polish.
- (2) Always apply polish when you will have time for it to dry thoroughly.

A good treatment for rough cuticle and brittle nails is soaking them in hot olive oil for 10 to 15 minutes.



## HAIR

Beauty of hair is in the gloss or aliveness of its look. Dull, lifeless hair is never beautiful. Thorough and frequent shampoos and daily brushing are a "must." Neither of these will harm your permanent wave or set. For light hair a lemon or vinegar rinse will have slight bleaching action. Hair that mats or tangles badly or hair with a dry, harsh feel will be aided by a cream rinse after washing.

## MEAT, FISH, POULTRY

### MACARONI OMELET

Mrs. Dale Bannon

1 c. elbow macaroni	1 pimento
1 1/2 c. scalding milk	1 1/2 c. grated American
1 c. soft bread crumbs	cheese
1/4 c. butter	3/8 tsp. salt
1 tsp. chopped parsley	dash of pepper
1 tsp. chopped onion	paprika
	3 eggs
	chopped chives

Cook the macaroni. Scald the milk, add the bread crumbs, then the butter, onions, parsley, pimento and cheese. Season. Add the well beaten eggs. Arrange the macaroni in a loaf pan and pour the sauce over it. Bake 40 minutes in moderate oven. Serve with a little thick white sauce and sprinkle with chopped chives.

### PUFFY OMELET

Mrs. Effie Heinz

4 eggs	2 tsp. baking powder
1/2 tsp. salt	1 Tbsp. cornstarch
1/8 tsp. pepper	1/2 c. milk

Separate eggs. Mix salt, pepper, baking powder, cornstarch and milk with yolks and beat until well mixed. Beat whites till light but not dry and fold into yolk mixture. Pour into hot greased frying skillet and cook slowly till well puffed. Dry in hot oven, 400 degrees F. Fold over in half and serve immediately. Serve with tomato sauce if desired.

### CARROT SOUFFLE

Mrs. Peter Martinson

1 c. mashed carrots

Make a cream sauce using:

2 Tbsp. butter	1/2 c. milk
2 Tbsp. flour	



## CARROT SOUFFLE (Continued)

Add the carrots, then:

3 beaten egg yolks  
1 tsp. salt  
1 tsp. paprika

1/2 c. grated cheese  
3 beaten egg whites

Fold in the beaten egg whites. Bake in a pan of hot water in a moderate oven. Bake 30 minutes.

## CHICKEN SOUFFLE

Mrs. Helen Hiaasen

1 medium sized chicken  
cooked and diced  
2 c. soft bread crumbs  
1 c. cooked rice

1/4 c. diced pimentos  
4 beaten eggs  
1 tsp. salt  
1/4 c. melted butter  
3 c. milk or chicken stock

Mix and pour into greased mold and bake in slow oven, 1 1/4 hours. Serve with mushroom sauce.

Mushroom Sauce:

4 Tbsp. butter  
5 Tbsp. flour

2 c. chicken stock  
salt and pepper to taste

Cook until thick, then add:

1 jar mushrooms  
2 beaten egg yolks

1 Tbsp. chopped parsley  
1 tsp. lemon juice.

## TUNA SOUFFLE

Mrs. Dale Bannon

2 Tbsp. butter  
3 Tbsp. flour  
1/2 tsp. salt

3/4 c. milk  
1 c. tuna  
3 eggs

Melt butter, add flour, add milk, gradually stirring until sauce is thick and smooth. Remove from fire. Add well beaten yolks and the tuna fish, which has been flaked. Fold in the stiffly beaten egg whites and turn into buttered baking dish. Put baking dish in pan of water and bake

## TUNA SOUFFLE (Continued)

uncovered for 30 minutes in medium oven. Garnish with lemon and parsley or serve with mushroom sauce.

## BAKED SALMON CUTLETS

Mrs. Eunice Jalling

1 large can salmon	few grains pepper
1/2 c. thick white sauce	1 c. fine cracker crumbs
1 tsp. lemon juice	3 Tbsp. melted butter
1/2 tsp. salt	

Drain and remove the skin and bones from the salmon. Flake the fish and combine with the white sauce, lemon juice, salt and pepper. Chill. Shape into cutlets, using 1 Tbsp. for each one. Combine cracker crumbs with melted butter. Roll cutlets in crumbs. Transfer to an oiled shallow pan. Bake in a hot oven, 400 degrees F., for 15 minutes or until the cutlets are brown. Serve with pepper sauce, if desired.

### Thick White Sauce:

1 1/2 Tbsp. butter	few grains pepper
1 1/2 Tbsp. flour	1/2 c. milk
1/4 tsp. salt	

Melt butter. Add flour and blend. Add milk and cook over low heat until thick, stirring constantly. Add seasonings.

### Pepper Sauce:

1 green pepper, chopped	1/4 tsp. salt
3 Tbsp. butter	few grains pepper
3 Tbsp. flour	1 1/2 c. milk

Melt butter; add chopped pepper and pan fry 3 minutes or until pepper is soft but not browned. Add flour, salt and pepper. Gradually add milk and cook until it thickens and is smooth.

## CALIFORNIA CHICKEN

Mrs. Marie Raupach

- |                         |                        |
|-------------------------|------------------------|
| 1 1/2 c. diced carrots  | 3 Tbsp. butter         |
| 1 1/2 c. diced potatoes | 3 Tbsp. flour          |
| 1/2 c. chopped onion    | 1 1/2 c. milk          |
| 1 c. peas               | 1/2 c. vegetable water |
| 1/2 c. celery, diced    | 1 c. tuna              |
|                         | 1 tsp. salt            |

Add salt to vegetables and cook 15 minutes. If using canned peas, do not cook with vegetables but use their juice as part of cooking water.

Melt butter, add flour and 1/2 c. vegetable water and the milk. Cook until thick, butter baking dish and put half of vegetables in the bottom, adding peas and then half of white sauce, then add tuna, remainder of vegetables and white sauce on top. Cover with bread crumbs and bake till crumbs are brown and sauce bubbles up around edge.

## CORNPATCH CLAMBAKE

Mrs. Etta Hohnstein

- |                          |                            |
|--------------------------|----------------------------|
| 1 7-oz. can minced clams | 3/4 tsp. salt              |
| milk                     | 1 c. cream style corn      |
| 3 Tbsp. butter           | 1 Tbsp. chopped pimento    |
| 3 Tbsp. flour            | 4 Tbsp. chopped onion      |
| 3 eggs, unbeaten         | 2 Tbsp. finely chopped cut |
| 1 tsp. celery seed       | parsley                    |
| 1 1/4 tsp. dry mustard   | 1 Tbsp. lemon juice        |

Drain liquid from clams into a cup. Add milk to make 1 c. Use to make white sauce with butter and flour. Beat eggs, add corn, minced clams, seasonings and lemon juice. Stir in white sauce and bake in a casserole in a moderate oven for 50 minutes or until sharp knife thrust in comes out clean.

## EASY HOT DISH

Mrs. Arnold Carlson

- |                              |                    |
|------------------------------|--------------------|
| 1 can tuna fish              | 1 can chicken soup |
| 1 can cream of mushroom soup | 1 pkg. noodles     |

Cook noodles and place in baking dish. Add rest of



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NOR SMOKES NOR CHEWS NOR SWEARS  
WHO NEVER GAMBLES, NEVER FLIRTS,  
AND SHUNS ALL SINFUL SNARES  
.....HE'S PARALYZED!

THERE IS A MAN WHO NEVER DOES  
ANYTHING THAT IS NOT RIGHT,  
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AT MORNING NOON OR NIGHT!  
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## EASY HOT DISH (Continued)

ingredients and bake at slow temperature until brown.

### SCALLOPED TUNA FISH

Mrs. Everett Hopkins

4 Tbsp. butter	2 c. shell macaroni, cooked
3 Tbsp. flour	1 can peas
2 c. milk	3 small pkgs. potato chips
1 can tuna fish	

Melt butter, add flour. Mix to a smooth paste. Add milk and cook until thick, stirring all the time. Put into a baking dish a layer of tuna fish, then a layer of peas, then a layer of shell macaroni, repeat until all is in dish. Add milk sauce and put potato chips on top. Butter the baking dish. Bake 20 minutes in moderate oven.

### TUNA FISH PIE WITH CHEESE ROLL CRUST

Mrs. Eunice Jalling

1/2 c. sliced green peppers	1/2 tsp. salt
2 slices onion	3 c. milk
3 Tbsp. butter	1 can tuna fish, drained
6 Tbsp. flour	1 Tbsp. lemon juice

Melt butter. Add green pepper and onion and cook until soft. Add flour and stir until well blended. Add salt. Slowly add milk and stir until thick and smooth. Bring to a boil and cook 2 minutes. Add remaining ingredients and pour into a large baking dish. Cover with cheese rolls.

#### Cheese Rolls:

Make biscuit dough from Bisquick. Roll out into sheet 8 x 12 inches. Dot with cheese, roll up like jelly roll. Cut in 8 slices and flatten slightly. Lay on top of creamed mixture and bake in hot oven, 450 degrees F., about 25 to 30 minutes.

## CRAB MEAT SOMERSET

Mrs. Margueritte Hagedorn

3 Tbsp. lemon juice  
3 Tbsp. sugar  
1 tsp. salt  
2 c. boiling water  
1/2 c. cold water  
3 Tbsp. gelatin

1/2 c. chili sauce  
1/2 c. chopped sweet pickle  
1 c. finely chopped celery  
3 Tbsp. chopped pimento  
2 1/2 c. crab meat  
2 hard boiled eggs, sliced

Soak gelatin in cold water for 5 minutes. Add boiling water and salt and mix well, until gelatin has dissolved. Add sugar and lemon juice. Cool. Fold in rest of ingredients and pour into individual molds, which have been rinsed in cold water. Set in refrigerator to stiffen. Unmold on lettuce and surround with mayonnaise. Serves 12.

## BAKED BARBECUE SPARERIBS

Mrs. Margueritte Hagedorn

Select small meaty Prineville Packing ribs, wipe with a damp cloth, place in a shallow baking pan and bake in a slow oven (250 degrees F.) for 2 hours, turning every half hour. Then baste with special barbecue sauce and bake another half hour. Baste and turn several times.

### Barbecue Sauce:

3/4 c. vinegar  
1/2 c. prepared barbecue  
sauce  
3 Tbsp. brown sugar

dash of black pepper  
dash of red pepper  
1/4 tsp. chili powder

Mix together well.

## BAKED HAM

Mrs. Harold L. Hobbs

Put Prineville Packing ham in roaster and half fill with cold water. Boil 15 minutes for each pound and do not take off cover. Let stand in covered roaster until cool. Take from water, remove skin and extra fat. Cover top with bread crumbs, sprinkle with a little brown sugar, stick in a few cloves and put in a slow oven and bake until bread crumbs are nicely browned.

## BAKED HAM (Continued)

I take the liquid from boiling the ham and the bone left from the baked ham and use them for making Navy bean soup.

### CEYLON CURRY

Mrs. Effie Heinz

2 lbs. lean Prineville Packing lamb, beef or veal  
1 medium onion, minced      1 bouillon cube  
3 Tbsp. butter      1/2 tsp. salt  
2 to 3 tsp. curry powder      dash of pepper  
1 c. boiling water      juice of 1/2 lemon

Cut meat into 1 inch cubes. Cook onion in butter till light brown. Add meat and stir over medium heat 5 minutes. Sprinkle curry powder over meat and cook another 5 minutes. Dissolve bouillon cube in hot water and add, salt and pepper as desired. Cover and simmer over low heat for 1 1/2 hours until meat is tender. Add lemon juice just before serving.

### HAM CUPS WITH CHERRY SAUCE Mrs. Carl H. Johnson

1 lb. Prineville Packing      1 1/2 c. soft fine bread crumbs  
ground ham      1 well beaten egg  
1/2 lb. Prineville Packing      1/2 tsp. dry mustard  
ground pork

Combine above ingredients and mix well. Fill medium sized muffin pans. Mix:

1/4 c. brown sugar      1 tsp. prepared mustard

Spread over top of ham cups. Bake 45 minutes. Serve with hot cherry sauce topping.

### Hot Cherry Sauce:

2 Tbsp. cornstarch      1 No. 2 can pitted red cherries  
1/2 c. sugar

Cook over low heat until thick and clear.



## LIVER LOAF

Mrs. Arnold Carlson

- |  |                          |
|--|--------------------------|
| 2 1/2 lb. Prineville Packing<br>pork liver           | 2 onions                 |
| 1 lb. Prineville Packing<br>salt pork (cut off rind) | 8 or 9 sweet pickles     |
|  | 1 handful parsley        |
|  | salt and pepper to taste |

Grind all three times.

- |                     |                     |
|---------------------|---------------------|
| 3 eggs, well beaten | 1 c. cracker crumbs |
|                     | milk                |

Add to first mixture, adding milk to thickness of cake batter. Line loaf pans with bacon strips, bottom, sides and corners. Pour in meat and put bacon strips over top. Put pan in larger pan with water. Bake about 2 hours. Remove from water pan and bake 1/2 hour longer.

## MEAT LOAF

Mrs. Harold L. Hobbs

- |  |  |
|--|--|
| 1 1/2 lb. ground Prineville<br>Packing round steak | 1 c. cracker crumbs                      |
| 1/2 lb. ground Prineville<br>Packing lean pork     | 1 tsp. salt                              |
| 3 eggs   | pepper to taste                          |
| 1 1/2 c. milk                                      | 1 large onion, grated or<br>chopped fine |

Mix all together and bake in a slow oven (350 degrees) for 1 1/2 hours. This makes a very juicy meat loaf.

## GERMAN MEAT BALLS

Mrs. Carl Pausch

- |   |                                    |
|---|------------------------------------|
| 1 lb. Prineville Packing<br>round steak | 1/4 lb. Prineville Packing<br>veal |
| 1/2 lb. Prineville Packing pork steak   |                                    |

Grind very fine.

- |                   |           |
|-------------------|-----------|
| 1 c. bread crumbs | 1 c. milk |
|-------------------|-----------|

Soak for 5 minutes.

- 1 egg, beaten slightly

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## GERMAN MEAT BALLS (Continued)

Add egg to soaked crumbs. Mix with the meat. Season highly with onion, salt, pepper and mace.

Form into very small balls and fry brown. Make a rich gravy of the fat, and add the balls and simmer 1/2 hour.

## NORWEGIAN MEAT BALLS

Mrs. Peter Martinson

1 lb. Prineville Packing steak	salt as preferred to taste
1/2 lb. Prineville Packing	pepper to taste
pork	1/8 tsp. nutmeg
1 egg	1/8 tsp. allspice
1 Tbsp. cornstarch	1/8 tsp. ginger
1 small onion, minced	1/2 c. milk

Grind meat very fine, beat egg, add with milk and cornstarch and rest of the ingredients, a little at the time, to the meat mixture. Mix well. Form into small balls. Brown in butter. Add a little water, then simmer slowly until done, about 1/2 hour.

### Gravy:

Brown 2 Tbsp. butter. Add 2 Tbsp. flour, then add enough water to make a medium thick gravy. Season with salt and pepper. Add meat balls and serve.

## SWEDISH HAM BALLS IN BROWN SAUCE

Mrs. Marie Raupach

1 lb. ground Prineville	1 c. milk
Packing ham	1 c. brown sugar
1 1/2 lb. ground Prineville	1 tsp. dry mustard
Packing pork	1/2 c. vinegar
2 c. bread crumbs	1/2 c. water
2 well beaten eggs	

Combine ham, pork, crumbs eggs, milk and mix thoroughly. Form into small balls. Place in baking pan. Combine remaining ingredients. Stir until sugar dissolves. Pour over meat balls. Bake in slow oven (325 degrees F.)

## SWEDISH HAM BALLS IN BROWN SAUCE (Continued)

1 hour, basting frequently.

### BAKED LENTILS WITH SAUSAGE

Mrs. Harold Hobbs

1 c. dried lentils	1/8 tsp. pepper
1 qt. cold water	1/2 clove garlic
1 minced medium onion	1 Tbsp. butter
1 tsp. minced parsley	1 Tbsp. flour
3 tsp. celery, minced	1/2 lb. or 8 small Prineville
1 1/2 tsp. salt	Packing sausages
	2 sliced, peeled medium
	tomatoes

Soak lentils in cold water overnight. Drain and reserve 2 c. liquid. Heat liquid, add lentils and first 5 ingredients. Simmer covered for 7 minutes. Drain and keep 1 1/4 c. liquid. Place lentils in shallow 1 1/2 qt. casserole, which has been rubbed with garlic clove. Melt butter, stir in flour, add liquid and cook until thick. Pour over lentils. Place sausages in skillet, half cover with water and simmer 5 minutes. Drain, saute until brown on all sides. Arrange sausages and tomatoes with salt on top of lentils. Bake 20 minutes.

### CHOW MEIN

Mrs. Everett Hopkins

4 c. celery, cut in cubes	1 c. onions, cut in small
4 c. diced Prineville Packing	pieces
meat (use either chicken	1 can sprouts
or mix Prineville Packing	1 can tomato soup
pork, veal and beef)	1 can mushrooms

Fry the meat until brown in a little butter. Boil the celery and onions in a little water then add the meat and put on back of stove and cook slowly for 1/2 hour. Add sprouts, tomato soup and mushrooms. Let simmer for 30 minutes. Then add 3 Tbsp. flour (mixed with a little water) and 4 Tbsp. La Choy soy sauce to the mixture and boil a little longer.



## GOLDEN BEEF

Mrs. Josie Gumpert

1 lb. krinkly boiled and  
drained noodles  
2 cans cream of mushroom  
soup  
2 c. milk

1 c. grated cheese  
1/2 can pimento, chopped  
1/2 lb. Prineville Packing  
dried beef, cut up

Add all ingredients to the cooked noodles in a casserole. Cover with bread crumbs and bake in oven for 30 minutes or until brown. Use no salt. Serves 8 to 10.

## MEAL IN A DISH

Mrs. Clara M. Reed

10 to 12 small Prineville  
Packing link sausages  
(pork)  
1 c. tomato sauce

4 to 6 small peeled onions  
4 to 6 small scraped carrots

Brown the sausages slowly in pressure pan, draining off the fat. Add tomato sauce and onions. Cover with rack. Cut carrots into long quarters. Place on rack. Cover. Bring to 15 lbs. pressure and cook for 8 minutes. Reduce pressure quickly. Makes 4 to 6 servings. This recipe also good with frankfurters, reduce cooking time to 5 minutes.

## SAVORY SAUSAGE

Mrs. Etta Hohnstein

1 lb. Prineville Packing  
sausage  
1 can tomato soup (or vegetable or mushroom)

a little sliced onion  
a few cold cooked potatoes

Place in baking dish--the sausages, add sliced onions, potatoes and tomato soup. Season. Put in oven and mix the following:

1 c. flour  
1/2 tsp. salt  
1 tsp. baking powder

1 egg  
1 c. milk

Beat well and pour over partially cooked sausages. Bake until nicely browned.

## SPAGHETTI WITH LINGUISA SAUSAGE

Mrs. Clara M. Reed

Cook or fry in pan with Wesson oil:

1 clove garlic

1 onion

Put in pot with:

2 cans hot tomato sauce  
a little salt to taste

1 Prineville Packing linguisa  
sausage, cut in 1 or 2 inch  
lengths

Boil slowly at least 1 hour. Pour over cooked spaghetti and mix well. Summer sausage can be substituted for Linguisa.

## STROGANOFF

Mrs. Helen Hiaasen

1 lb. Prineville Packing  
round steak

1 can tomato soup

2 Tbsp. fat

1 Tbsp. Worcestershire  
sauce

1/2 c. chopped onion

8 drops Tabasco sauce

1 clove garlic

1/2 tsp. salt

1 can cream of mushroom  
soup

pepper to taste

Dice the steak and brown in fat. Add all other ingredients and simmer for at least 1 hour. Serve over long spaghetti, with a sprinkle of grated cheese over all.

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# Bread Rolls 'n



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## HOUSEHOLD HINTS

A piece of bread crust inserted between the teeth when peeling an onion will stop the tears.

When white silk slips have become yellow after washing a number of times, dip them in a pink dye solution and they will look like new again.

A discarded card table makes an excellent frame for hooking rugs. Cut away the top, leaving the framework. It is the right height for working and may be folded and put away when not in use.

When buying stair carpet, buy an extra quarter yard. Turn this extra under at the top of the stairs. When the carpet starts to show wear on the edges of the treads, shift the carpet 2" down the length of the stairs. Three shifts can be made before the full length is worn.

To cut off the top of a small glass bottle to make a vase, wet a piece of string with kerosene. Tie it around the bottle just where you want it cut. Ignite the string and allow to burn all the way around the bottle. Dip the bottle in cold water and the top will drop off leaving a clean even break.

An old shaving brush is ideal for dusting pleated silk lamp shades.

To remove a white spot from mahogany furniture caused by a wet glass, smear the spot with a thick coat of vaseline and allow to stand a few days. When the vaseline is wiped off the stain will have disappeared.

Old pillow cases may be used to cover dresses in the clothes closet. Make a slit in the closed end and draw the case over the garment on the hanger.



## BREAD, ROLLS, PASTRY

### BANANA BREAD

Mrs. Carl H. Johnson

1 c. sugar	5 Tbsp. buttermilk
1/2 c. shortening	2 c. flour
2 eggs	1 tsp. soda
2 small bananas, mashed	1/2 c. walnuts, chopped
pinch of salt	

Cream sugar and shortening, add rest of ingredients. Bake in a loaf pan about 1 hour at 350 degrees F. or until well done.

### DATE NUT BREAD

Mrs. Everett Hopkins

3 c. flour	4 tsp. baking powder
4 Tbsp. butter	1/4 tsp. salt
2 c. brown sugar	1 3/4 c. hot coffee
2 eggs	1 tsp. soda
1/2 c. nut meats, chopped	1/2 tsp. vanilla
1 pkg. dates, cut in pieces	

Cream butter and sugar. Add beaten eggs. Sift dry ingredients, except the soda, together. Add soda to hot coffee and add alternately to the dry ingredients. Fold in nuts, dates and add vanilla last. Bake in 2 loaves in a moderately hot oven 45 or 50 minutes.

### ORANGE DATE LOAF

Mrs. Grace Hardesty

2 c. sifted all purpose flour	1 tsp. orange rind
1/2 tsp. salt	2 Tbsp. lemon juice
2 tsp. baking powder	3/4 c. milk
1/2 c. butter or margarine	1/2 c. chopped nuts
1 c. sugar	1/2 c. chopped dates
2 eggs	

Sift dry ingredients. Cream butter and sugar. Add eggs, one at a time. Stir in orange rind. Add flour mixture alternately with lemon juice and milk. Add nuts and dates. Pour into greased loaf pan. Bake at 350 degrees 1 hour.



## RYE BREAD

Mrs. Catherine Strand

1 c. rolled oats  
3 Tbsp. molasses  
2 yeast cakes  
salt

1/2 c. brown sugar  
2 Tbsp. shortening  
2 parts white flour to each  
part of rye flour

Pour 2 c. boiling water over oats, sugar, molasses and shortening. Let stand until lukewarm. Dissolve yeast in 1 c. warm water. Mix together and add enough white and rye flour to make dough. Knead and put in warm place to rise; keep dough covered and away from drafts. When doubled in bulk, knead again, adding a little more flour. Shape into loaves and put in greased pans. Let rise until light. Then bake in moderate oven, 45 minutes, when done brush crust with beaten egg and milk for gloss.

## BUTTERMILK ROLLS

Mrs. Date Bannon

1 cake compressed yeast  
1/4 tsp. baking powder  
3 Tbsp. shortening  
1 pt. buttermilk

1 tsp. salt  
4 c. flour (approximately)  
2 Tbsp. sugar  
1/4 tsp. soda

Crumble the yeast in a small amount of buttermilk. Stir until dissolved, then add the remaining buttermilk. Mix the soda, baking powder, salt and sugar, add to the shortening and cream all together. Add this mixture to the buttermilk. Then add 3 c. flour and beat vigorously until a very smooth and elastic batter is formed. Add the remaining flour and mix, then turn onto a well floured surface and knead, adding extra flour if needed. Roll out to about 3/4 inch thickness, cut in small rounds. Melt a small amount of fat in the baking pan and dip the top of each biscuit in it before placing side by side. Let rise 1 hour or until they seem sufficiently light, then bake in a hot oven (410 degrees).

## ICE BOX SWEET ROLLS

Mrs. Peter Martinson

1 yeast cake  
1 Tbsp. sugar  
1 c. lukewarm milk

1/2 c. butter  
1 tsp. salt  
4 c. flour

## ICE BOX SWEET ROLLS (Continued)

1/2 c. sugar

3 eggs, beaten

Dissolve yeast, 1 Tbsp. sugar and butter in lukewarm milk. Add beaten eggs, then other ingredients. Knead. Let stand in icebox overnight. Divide in three parts. Roll 1/2 inch thick. Spread with melted butter. Cut in pie-shaped pieces. Take large end and roll toward pointed end. Let rise 3 hours. Bake.

## QUICK ROLLS

Mrs. Helen Hiaasen

1 cake yeast

1/2 c. shortening

2 1/2 c. milk

1 tsp. salt

2 tsp. sugar

5 c. flour

Scald the milk. Remove from stove and add the shortening and sugar. When cool add yeast which has been dissolved in lukewarm water. Then beat in flour and salt. Beat mixture well and let rise until double in bulk. Beat again and fill well greased muffin tins 1/3 full. Let rise until double in bulk. Bake in moderate oven, 20 minutes.

## POPPY SEED ROLLS

Mrs. James Bruce

1 c. milk

1 c. lukewarm water

5 Tbsp. sugar

6 c. sifted flour

1 Tbsp. salt

6 Tbsp. melted shortening

1 cake Fleischmann's yeast

Scald milk, add sugar and salt. Cool to lukewarm. Dissolve yeast in lukewarm water and add to lukewarm milk. Add 3 c. flour and beat until perfectly smooth. Add melted shortening and remaining flour. Knead well. Place in greased bowl. Cover and set in warm place, free from draft. Let rise until doubled in bulk, about 1 1/2 hours. When dough is light, divide into 12 pieces of equal size; roll on board with palm of hand into slender round strips 36 inches long. Make 4 braids and cut in 3-inch pieces; pinch ends together. Place on greased baking sheet about 1 1/2 inches apart. Cover and set in warm place

## POPPY SEED ROLLS (Continued)

free from draft, until light, about 1 hour. Brush tops with 1 egg yolk beaten with 2 Tbsp. cold water; sprinkle with poppy seeds. Bake in hot oven at 425 degrees F. about 20 minutes.

### POTATO ROLLS

Mrs. Ruby Baldrige

1/3 c. sugar  
1 cake yeast  
1 qt. milk  
1 c. mashed potatoes  
2 tsp. baking powder

12 c. sifted flour  
1 c. shortening  
2 tsp. salt  
1 tsp. soda

Dissolve yeast and 2 tsp. sugar in warm milk. Add potatoes with half the flour and beat 5 minutes. Let raise. Cream soft shortening with sugar, add to sponge with flour, salt, soda and baking powder. Knead to soft dough. Let raise and shape into desired rolls. Let raise. Bake at 350 degrees F.

### POTATO ROLLS

Mrs. Hannah Clauson

1 medium sized potato  
1/4 c. potato water  
1 cake dry yeast  
1/4 c. warm water  
1 egg, beaten

1/4 c. canned milk  
3 Tbsp. melted butter  
2 Tbsp. sugar  
1 Tbsp. salt  
3 c. flour

Boil potato until tender and mash, saving 1/4 c. potato water. Soak yeast in 1/4 c. warm water, until soft. Add to cooled mashed potato and water. Add canned milk, salt, sugar, butter and beaten egg. Add part of flour. Beat hard. Add rest of flour and knead till smooth. Let raise once; then shape into rolls, Parker-House, clover leaf, cinnamon or whatever you want. Let raise and bake in quick oven. "Very good". Makes about 2 dozen rolls.

### SWEDISH TEA RINGS

Mrs. James Bruce

2 cakes Fleischmann's yeast 1 c. lukewarm water  
1 Tbsp. sugar 1 c. milk

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## SWEDISH TEA RINGS (Continued)

6 Tbsp. shortening  
1/2 c. sugar  
1 tsp. salt

7 c. sifted flour  
3 eggs, beaten

Dissolve yeast and 1 Tbsp. sugar in lukewarm water. Scald milk, add shortening sugar and salt. Cool to lukewarm. Add 2 c. flour to make a batter. Add yeast and beaten eggs; beat well. Add remaining flour or enough to make a soft dough. Knead lightly and place in greased bowl. Cover and set in warm place, free from draft. Let rise until doubled in bulk, about 2 hours. When light punch down and divide into 3 equal portions. Round up each portion into a smooth ball. Roll out into oblong pieces 1/4 inch thick.

1/2 c. melted butter  
1 1/2 c. brown sugar

1 c. currants  
1 tsp. cinnamon

Brush each portion with butter, and sprinkle with brown sugar, currants and cinnamon. Roll each piece as for jelly roll and place in a circle on a large shallow greased pan. With scissors cut 1-inch slices almost through. Turn each slice partly on its side, pointing away from center. This should give the effect of a many pointed star and show the different layers with the filling. Cover and let rise in warm place, until light, about 1 hour. Brush with 1 egg yolk, beaten with 2 Tbsp. cold milk. Bake in moderate oven at 350 degrees F. about 30 minutes. Ice tops while still warm with plain icing. Makes 3 rings.

### Plain Icing

Add 4 tsp. milk or warm water slowly to 1 c. sifted confectioners' sugar to make a smooth, fairly thick paste. Add 1/4 tsp. vanilla. Water will make a more transparent icing than milk.

## CHRISTMAS SANDWICH LOAF

Mrs. Dale Bannon

### Green Layer:

2 Tbsp. mayonnaise

1/2 c. chopped stuffed olives  
- 25 - Prineville, Ore.

## CHRISTMAS SANDWICH LOAF (Continued)

### Red Layer:

4 Tbsp. unstrained                      1 pkg. cream cheese  
cranberry jelly

### Salad Layer:

1/2 c. diced celery                      1/2 tsp. salt  
1 c. chopped chicken                      4 Tbsp. mayonnaise

Remove all the crust from a loaf of white bread. Slice lengthwise (not across) to make 4 oblong slices of bread 1/2 of an inch thick. Butter 2 slices on both sides and 2 on one side. (The slices not buttered on both sides are used for top and the bottom of the sandwich.) Use the fillings in order given. Put slices together to form a loaf. "Ice" the entire loaf with cream cheese, which has been thinned with mayonnaise. Garnish with slices of stuffed olives. To serve, slice through the loaf. Each sandwich will look like a Neapolitan ice cream with green and red predominating.

## BUTTER SURPRISE MUFFINS

Mrs. Grace Hardesty

2 c. flour                      3 tsp. baking powder  
3 tsp. sugar                      1/2 tsp. salt

Sift together. Combine:

1 c. milk                      3 Tbsp. butter, melted  
1 egg, beaten

Stir into dry mixture, stirring as little as possible. Drop a tablespoon of batter into buttered muffin tins and in center of each, place a teaspoonful of chopped crisp bacon, jam or preserves. Cover with another spoonful of batter, filling each pan about 2/3 full. Bake in hot oven, 400 degrees, for 25 minutes. Makes 18 medium sized muffins.

## MUFFINS

Mrs. Bertha Ralph

2 eggs	2 tsp. baking powder
4 Tbsp. shortening	1 c. milk
1 Tbsp. sugar	2 c. flour
1 tsp. salt	

Beat eggs thoroughly, add shortening, sugar and salt and mix well. Add the milk, stir, and add the flour and baking powder. Mix smooth quickly and pour into hot greased gem tins. Bake immediately in hot (400 degree F.) oven about 10 minutes.

## SOUR MILK DONUTS

Miss Minnie Grande

1 1/2 c. sugar	1 tsp. soda
2 eggs	2 tsp. baking powder
1/2 c. sweet cream	1/2 tsp. salt
1/2 c. sour milk	5 c. flour
1/2 tsp. nutmeg	

Beat the eggs, add sugar. Add the sweet cream and a part of the flour, baking powder and salt, well sifted. Add the sour milk in which the soda has been dissolved. Sift in the remainder of the dry ingredients. Roll on lightly floured surface. Cut with donut cutter and fry in deep hot fat until brown, turning once.

## WAFFLES 'N DUTCH HONEY

Mrs. Tilda Amundson

2 c. flour	2 eggs
4 tsp. baking powder	1 1/4 c. milk
1/4 tsp. salt	6 Tbsp. melted butter

Sift flour once, measure, add baking powder and salt and sift again. Separate yolks and whites of eggs and beat each well. Combine egg yolks, milk and butter. Add flour gradually, beating until smooth. Fold in egg whites. This makes 6 waffles.

### Dutch Honey:

1 c. cream	1 c. medium dark syrup
------------	------------------------

## WAFFLES 'N DUTCH HONEY (Continued)

1 c. brown sugar

Boil until ingredients stay together. Serve warm with your waffles.

## JELLY ROLL

Mrs. Anne Boone

4 eggs

3/4 tsp. baking powder

3/4 tsp. salt

3/4 c. sugar

3/4 c. sifted cake flour

1 tsp. vanilla

Beat eggs with baking powder and salt, in a bowl over a bowl of hot water, until thick and lemon colored. Add sugar gradually and beat. Fold in sifted cake flour. Add vanilla. Bake in a large bread tin. Grease and line tin with wax paper. Bake in hot oven, 400 degrees F., until done. Remove wax paper from roll. Spread 1 glass tart jelly and roll into roll.

## GINGERBREAD

Mrs. Tommy Ontko

2 eggs

3/4 c. molasses

2 1/2 c. flour

2 tsp. ginger

1/2 tsp. cloves

1 c. boiling water

3/4 c. brown sugar

3/4 c. melted shortening

2 tsp. soda

1 1/2 tsp. cinnamon

1/2 tsp. baking powder

Add beaten eggs to sugar, molasses and melted shortening. Then add the dry ingredients, which have been mixed and sifted, and lastly, the hot water. Bake in small individual pans or a shallow pan in a moderate oven (350 degrees) 30 to 40 minutes. This recipe makes a light, fluffy gingerbread that becomes a party dessert when topped with whipped cream.

## DUMPLINGS

Mrs. Anne Boone

1 c. flour

1 1/2 tsp. baking powder

1/2 tsp. salt

1 egg, beaten

1/3 c. milk

2 tsp. melted fat or salad oil

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NOT PERISH BUT HAVE EVERLASTING LIFE.....

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## DUMPLINGS (Continued)

Sift dry ingredients. Combine egg, milk and oil. Add to dry ingredients to make a soft dough. Drop from teaspoon into stew. Stew should have 3 c. liquid. Cover and cook 15 minutes. Do not remove cover while cooking. Serve at once.

### ANGEL FOOD PIE

Mrs. Marie Raupach

4 1/2 tsp. cornstarch  
3/4 c. sugar  
1 1/2 c. boiling water  
3 egg whites  
1/4 tsp. salt

3 Tbsp. sugar  
1 1/2 Tbsp. vanilla  
1 baked pastry shell  
1/2 c. cream, whipped  
1/2 sq. bitter chocolate,  
grated

Mix cornstarch and sugar in heavy saucepan or top of double boiler. Add boiling water, stirring constantly and cook until clear. Add salt to the egg whites and beat until stiff, add 3 Tbsp. sugar and the vanilla and beat until egg whites are creamy. Pour hot cornstarch mixture slowly over egg whites, beating continuously. Cool slightly and fill pastry shell. Cover with whipped cream and sprinkle grated chocolate on top. Chill. Fruit juice may be used in place of water. Pineapple juice, water and lemon juice may be boiled together. Graham cracker or vanilla wafer crust may be substituted for baked pastry shell.

### BAVARIAN CREAM PIE

Mrs. Tommy Ontko

1 c. milk  
2/3 c. sugar

3 egg yolks

Make into a soft custard. Add 1 Tbsp. gelatin softened in 1/3 c. cold milk. Whip 1 1/2 c. cream and fold into custard while hot. Add a little salt and flavoring and when holds shape pour in baked crusts. Keep folding cream in until it sets.

## LEMON PIE

Mrs. Hannah Clauson

Mix 3 Tbsp. cornstarch with 1 1/2 c. sugar. Cover with the grated rind and juice of 1 1/2 lemons. Add beaten yolks of 3 eggs and 1 1/2 c. boiling water. Cook until thick. Pour into baked pie shell. Cover with the 3 egg whites, beaten with 1/2 c. sugar and beat well. I add a little lemon juice, also, about 1 Tbsp.

## LEMON CHIFFON PIE

Mrs. Helen Hiaasen

3 eggs	1 lemon
1 c. sugar	3 Tbsp. water

Take half of sugar, beaten egg yolks, juice and rind of lemon and the water. Boil over hot water until thick. Beat whites of eggs, add rest of sugar. Fold in the boiled mixture and pour into a baked pie shell. Brown slightly in a slow oven.

## LEMON CHIFFON PIE

Mrs. Tommy Ontko

1 Tbsp. gelatin	6 Tbsp. lemon juice
1/4 c. cold water	1/2 tsp. salt
4 eggs	1 tsp. grated lemon rind
1 c. sugar	

Dissolve gelatin in cold water. Mix egg yolks and sugar in top of double boiler; add lemon juice. Beat well and cook over hot water until the mixture thickens. Add gelatin, salt and rind. Stir until gelatin is dissolved. Fold into this the well beaten egg whites. Pile into a baked pie shell. Place in a cool place until the filling sets.

## LEMON MERINGUE PIE

Mrs. Bertha Ralph

1 c. water or milk	1/2 c. cold water
3/4 c. sugar	2 egg yolks, well beaten
1/4 tsp. salt	1 Tbsp. butter
1 tsp. grated lemon peel	6 Tbsp. lemon juice
5 Tbsp. cornstarch	

Bring to a boil over direct heat the water, sugar, salt,

## LEMON MERINGUE PIE (Continued)

and lemon peel. Blend cornstarch in cold water and stir gradually into the boiling mixture. Stir until thick. Remove from heat and add separately, mixing well, the egg yolks, butter and lemon juice. Pour into baked pastry shell and top with meringue made from the 2 egg whites beaten stiff and 3 Tbsp. sugar. Bake in hot oven until brown.

## LEMON RHUBARB PIE

Mrs. Ruby Baldridge

1 c. stewed rhubarb  
1 c. sugar  
2 egg yolks, well beaten

1 Tbsp. lemon juice  
2 Tbsp. flour

Cook and put in baked pie shell. Use egg whites for meringue.

## NUT PIE

Mrs. Josie Gumpert

1 c. Karo syrup  
4 eggs, beaten  
1 Tbsp. butter  
1 Tbsp. yellow cornmeal

1 Tbsp. sugar  
1 c. chopped walnuts  
1/2 tsp. cinnamon  
pinch of salt

Beat eggs, add syrup, butter, cornmeal, sugar, cinnamon and salt. Whip with an egg beater. Add walnuts and pour into 7-inch pastry lined pie pan. Bake in a slow oven (300 degrees F.) for 1 hour. After removing pie from oven, turn an empty pie tin over pie so it can steam as it cools.

## PUMPKIN PIE

Mrs. Anne Boone

1 1/2 c. pumpkin  
2/3 c. brown sugar  
1/2 tsp. ginger  
1 tsp. salt

1 tsp. cinnamon  
2 eggs  
1 1/2 c. milk

Mix well. Sprinkle with nutmeg. Pour in pie shell, which has been baked about 5 minutes (which helps keep crust from getting soggy). Bake in a slow oven until a knife comes out clean. Then it is done.



## RHUBARB CUSTARD PIE

Mrs. Effie Heinz

3 c. chopped rhubarb  
1 1/4 c. sugar

2 eggs, beaten  
1/2 tsp. ginger

Combine and let stand 1/2 hour or so. Line pie pan with pastry, pour in filling and cover with pastry strips (lattice style). Bake in oven at 375 degrees F.

## SOUR CREAM PIE

Mrs. Catherine Amundson

1 c. sour cream  
1 c. ground raisins  
1 c. sugar  
1 tsp. cinnamon

2 eggs (beaten together)  
2 Tbsp. vinegar  
1/2 tsp. salt  
1/4 tsp. cloves

Makes enough for 1 good size pie. Make crust and put strips across top. Bake in hot oven until mixture is well thickened.

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Write Extra Recipes Here:



# Cakes 'n Cookies



# BEAUTY HINTS

## SKIN

It is a mistake to think that one can change an oily skin to a dry, etc. It is better to realize that one has the kind of skin they "were given" and that nominal care will make the oiliest or driest skin appear just as nice as that skin we often refer to as "just right or the skin we love to touch."

### Cleansing of the Skin:

If skin is dry, washing twice a day is not too often but be sure to use a soft soap. At night cover the face lightly with an oil base cream. For make-up apply conditioning cream first and then the cosmetics. However too much make up is not good in any event. Lipstick of course, but only a slight amount of rouge.

If skin is oily, washing twice a day is still enough but the individual can cleanse the face more than this without being harmful to the complexion. Just be sure the base of the soap used is not an oil base. Avoid creams studiously. An astringent applied after each cleansing is helpful in this case. Once more it is suggested to avoid make-up but if it is used be sure it is a powder base cosmetic.



To avoid wrinkles get as much rest and sleep as possible--avoid worrying--try to keep your facial muscles under control--avoid excessive frowning, squinting and other habits which may tend to form wrinkles. A well lighted home will help to avoid squinting. Massage wrinkles with a rotary and upward motion followed by a good astringent.

## CAKES, COOKIES

### BERLINER - KRAUSER

Mrs. Catherine Strand

1 c. butter  
3 egg yolks  
1 c. sugar

2 egg whites  
flour to make a stiff dough

Cream butter and sugar thoroughly. Beat yolks and whites of eggs together and add to mixture. Add flour. Break off small piece of dough, roll and shape into wreath. Dip in egg white and then in granulated sugar. Bake in a moderately hot oven.

### BOILED RAISIN-OATMEAL COOKIES

Mrs. Hannah Clauson

3/4 c. lard or other  
shortening  
3/4 c. butter

1 c. white sugar  
1 c. brown sugar

Cream well together. Add:

1 c. boiled raisins and 6 Tbsp. water they were boiled in,  
with 1 tsp. soda

1/4 tsp. salt  
1 tsp. cinnamon  
2 or 3 c. flour, enough to  
make a stiff dough

1 tsp. vanilla  
2 c. oatmeal (not quick  
cooking)

Drop on cookie sheet and bake. Would be better if  
1 or 2 eggs were added. Makes a big batch. Nice and  
chewy, not hard, if kept in a jar.

### CHOCOLATE BITS COOKIES

Mrs. Hannah Clauson

1/2 c. shortening  
1/4 c. white sugar  
1/2 c. brown sugar, firmly  
packed  
1/2 tsp. vanilla  
1 egg, well beaten

1 c. sifted flour, plus 2  
Tbsp. level  
1/2 tsp. soda  
1/2 tsp. salt  
1/2 c. chopped nuts  
1 big c. chocolate bits

## CHOCOLATE BITS COOKIES (Continued)

Cream shortening and sugar until fluffy. Add beaten egg and beat again. Also add vanilla. Sift flour, soda and salt together. Add to first mixture, stir in nuts and chocolate bits. Mix well. Drop by spoonfuls on lightly greased cookie sheet. Bake in a moderately hot oven, 375 degrees F. 10 or 12 minutes. Makes about 50 cookies.

## CHOCOLATE SQUARES OR BROWNIES

Mrs. Peter Martinson

2 c. white sugar	1 tsp. vanilla
1/2 c. butter	4 eggs, beaten separately
1 1/2 c. cake flour	1 tsp. baking powder
1/2 c. sweet milk	1/4 tsp. salt
4 sq. melted chocolate	1/2 c. nuts, chopped

Mix in usual way. Bake in moderate oven. When cool, cut into squares.

## DATE BARS

Mrs. Clara Reed

3 eggs

Beat foamy. Add:

1 c. brown sugar or white	1 c. chopped nuts
1 c. flour	1 c. chopped dates
1 tsp. baking powder	1 tsp. vanilla
1/4 tsp. salt	

Bake 20 minutes in flat pan. Cut in squares.

## DREAM BARS

Mrs. Arnold L. Carlson

1/2 c. butter	1 c. white flour
1/2 c. brown sugar	

Mix these to a crumbly mass. Press into shallow tin and bake 10 minutes.

1 c. brown sugar

2 eggs

## DREAM BARS (Continued)

2 Tbsp. flour	1/4 tsp. salt
1/2 tsp. baking powder	1 c. cocoanut
1 tsp. vanilla	1/2 c. nuts, chopped

Beat eggs lightly. Add sugar, baking powder, flour and salt. Then add nuts and cocoanut. Spread on top of above baked mixture. Bake 350 degrees F. for about 25 minutes. Cut in small squares before it gets too cool.

## FILLED TRIANGLES

Mrs. Effie Heinz

2 c. sifted flour	1/2 c. butter
1/2 c. sugar	2 eggs, well beaten
1 tsp. baking powder	preserves or jam
1/4 tsp. salt	

Sift together dry ingredients, cut in butter, add beaten eggs. Mix thoroughly. Turn out on floured board and knead lightly till smooth. Roll to 1/8 inch thickness, cut into 4 inch squares. Place teaspoon of jam in center. Fold dough to make a triangle. Press edges together with a fork tines and prick top of each for air vents. Bake in hot oven, 450 degrees F., about 15 minutes. Makes 2 dozen.

## HONEY COOKIES

Miss Minnie Grande

1 c. sugar	3 level tsp. soda
1 c. honey	4 1/2 c. flour
3 eggs	

Mix and let stand overnight. Roll out. Cut with a donut cutter. Bake in a moderate oven.

## ICE BOX COOKIES

Mrs. Peter Martinson

4 c. brown sugar	1 tsp. soda
1 c. butter	1 tsp. cream of tartar
4 eggs, beaten	7 c. flour
1 tsp. vanilla	nut meats, chopped, if desired



## ICE BOX COOKIES (Continued)

Mix in usual way. Shape into rolls and keep in refrigerator overnight. Slice thin. Bake on greased cookie sheet in hot oven.

### JUMBO RAISIN COOKIES

Mrs. Anne Boone

Add 1 c. water to 2 c. raisins and boil for 5 minutes. Cool. Cream 1 c. shortening and add 2 c. sugar. Add 3 eggs and beat well. Add 1 tsp. vanilla and cooled raisin mixture. Add 1 c. chopped nuts. Sift together:

4 c. all purpose flour	1 tsp. salt
1 tsp. baking powder	1 1/2 tsp. cinnamon
1 tsp. soda	1/4 tsp. nutmeg
	1/4 tsp. allspice

Add to raisin mixture and blend. Drop by teaspoon on greased cookie sheet. Bake in hot oven, 400 degrees F. 12 to 15 minutes. Makes 60 or more cookies.

### KRINGLAE

Mrs. Harold Hobbs

2 c. sour cream	1 tsp. salt
1 c. sour milk	7 c. flour
1 1/2 c. sugar	2 tsp. soda
1 tsp. baking powder	

Mix all ingredients together into a soft dough. Roll dough to 1/2 inch thickness. Cut into strips 1/2 inch by 12 inches long. Bring ends in circles to center of strip and press down so they look like a pretzel. Bake on a greased floured baking tin in a moderate oven until golden brown.

### LEMON COOKIES

Mrs. Carl Pausch

1/2 c. butter	2 tsp. lemon extract
1 c. sugar	2 tsp. baking powder
2 eggs	3 1/2 c. flour
2 Tbsp. milk	

## LEMON COOKIES (Continued)

Roll out thin and sprinkle a little sugar on top. Bake in moderate oven.

## MEXICAN WEDDING CAKES

Mrs. Catherine Strand

1/2 c. butter or margarine	1/2 c. nuts, chopped
1 c. flour	1/2 tsp. vanilla
3 Tbsp. powdered sugar	1 Tbsp. milk

Mix butter or shortening with powdered sugar. Add flour and milk to mixture. Add nuts and vanilla. Roll as fingers. Bake in moderate oven 15 minutes. Roll in powdered sugar while warm.

## MINCE MEAT COOKIES

Mrs. Peter Martinson

1 c. shortening	1 tsp. salt
2 c. brown sugar	2 c. mince meat
2 eggs	1 1/4 c. chopped nuts
1/2 c. cold coffee	flour to make dough stiff
1 tsp. soda	enough for drop cookies

Mix in usual way. Drop by teaspoon on greased cookie sheet. Bake in moderate oven.

## OATMEAL DATE BARS

Mrs. A. D. Amundson

1 1/4 c. flour	1 c. rolled oats
1/2 tsp. soda	1/2 c. shortening
1/2 tsp. salt	1/2 c. sour milk

### Filling:

1 c. sugar	1 1/2 c. dates, cut in pieces
1 c. water	1/2 c. nut meats, chopped

Boil together sugar, water and dates, which have been cut in small pieces, until paste is formed. Cool. Add nut meats. Sift flour once before measuring. Mix flour, soda, salt and oats together. Cut in shortening. Add the milk gradually. Turn half this mixture on well floured

## OATMEAL DATE BARS (Continued)

board. Roll very thin and put in greased baking sheet (about 10 x 14 inches). Spread with filling and cover with remainder of the dough rolled in a thin sheet. Bake about 20 minutes at 400 degrees (hot oven). Allow to cool in pan. Sprinkle with powdered sugar. Cut into bars. Amount: 24 bars.

## PECAN STICKS

Mrs. Peter H. Humlie

Place in top of double boiler 4 whole eggs and beat well. Add 3 c. brown sugar. Put over boiling water and continue beating until all sugar is dissolved.

Take off stove. Add 2 c. flour, which have been sifted with 2 tsp. baking powder. Add 1 or 2 c. pecans and 1 tsp. vanilla. Bake in shallow pan and cut in sticks. Do not bake too fast.

## ROSETTES

Mrs. Catherine Strand

2 eggs	1 tsp. sugar
1/4 tsp. salt	1 c. milk
1 c. flour	

Beat eggs, sugar and salt slightly. Add milk and flour. Beat until smooth. Bake with a rosette iron. Heat iron form well in boiling oil or fat and dip into batter, being careful not to let batter run over the form. Dip the iron, with batter sticking to it, into the hot fat until nicely browned. Sprinkle with sugar.

## SOUR CREAM COOKIES

Miss Minnie Grande

2 c. sugar	2 tsp. baking powder
3/4 c. shortening	1/2 tsp. lemon extract
3/4 c. sour cream mixed	1/4 tsp. nutmeg
with 1/2 tsp. soda	1/2 tsp. salt
2 eggs	4 c. flour

Cream shortening and sugar. Add eggs, well beaten. Put in a part of the flour, salt, baking powder and nutmeg, well sifted. Add the cream and the remainder of the flour.

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## SOUR CREAM COOKIES (Continued)

Drop by spoonfuls on a well greased cookie sheet. Bake at 375 degrees F.

### SWEDISH RINGS

Mrs. John Hakinson

1 c. butter	1/2 tsp. vanilla
1 c. sweet cream	1/2 tsp. baking powder

Mix above with enough flour to make a stiff dough. Roll to size of pencil and form pretzel-shaped rings. Dip in water, then in granulated sugar and bake in moderate oven.

### APPLE SAUCE CAKE

Mrs. Anne Boone

1 c. brown sugar	1/2 tsp. cloves
1/2 c. butter	1/2 tsp. nutmeg
1 1/2 c. cold apple sauce	1 c. chopped nuts
2 c. flour, heaping	1 c. raisins, may be ground
2 tsp. soda	

Cream sugar and butter. Add dry ingredients. Add raisins, dredged in flour, nuts and apple sauce last. Bake in large loaf tin. Bake in slow oven for about 45 minutes.

### BANANA CAKE

Mrs. Carl Pausch

1 1/4 c. sugar	1/2 tsp. cloves
2/3 c. butter	1/2 tsp. nutmeg
3 eggs	2/3 c. mashed bananas
1/2 c. milk	2 1/2 tsp. baking powder
1 tsp. cinnamon	2 1/2 c. sifted cake flour

Cream butter, add sugar and cream until light. Add beaten egg yolks. Sift flour, spices and baking powder together. Add alternately to mixture with milk and bananas. Add beaten egg whites. Bake in a moderate oven. Can frost with seven minute frosting or very good served with whipped cream.

## CHERRY CAKE

Mrs. Clara Reed

1 1/2 c. sugar  
1/2 c. butter  
3 eggs, beaten  
1 tsp. cinnamon  
1/2 tsp. cloves  
1/2 tsp. nutmeg  
1 tsp. vanilla

1 level tsp. soda (dissolved  
in hot water)  
1 c. sweet or sour milk  
1 tsp. baking powder  
3 c. flour  
salt  
1 qt. Royal Anne cherries,  
drained

Sift flour, baking powder and the spices. Cream sugar and butter; add beaten eggs. Add soda, dissolved in hot water. Add flour alternately with milk. Lastly add 1 qt. Royal Anne cherries. Bake in 3 large layers.

Filling:

Powdered sugar, mixed with cherry juice.

## CHERRY COCOANUT CREAM CAKE

Mrs. Dale Bannon

1 c. granulated sugar  
1/2 c. butter  
1/2 c. milk  
1 1/2 tsp. baking powder

1 1/2 c. pastry flour  
4 egg whites  
1/2 c. cocoanut  
1/2 tsp. almond extract

Cream butter gradually. Cream in sugar, and when well creamed add part of milk, then part of flour, then freshly grated cocoanut and almond extract, then rest of milk and remainder of flour mixture. Last fold in stiffly beaten egg whites and bake in 2 layers in 375 degree F. oven for 20 minutes.

Filling:

1 c. whipping cream  
1/4 c. powdered sugar

5 drops almond extract  
1/2 c. candied cherries

Whip cream, add sugar, and whip some more, then add almond extract and cherries, which have been chopped fine. Place between layers and on top of cake.

## CHOCOLATE CAKE (Sour Milk)

Mrs. Arnold Carlson

2 c. sugar	1/2 c. cocoa
1/2 c. butter or other shortening	2 tsp. soda
2 eggs (beaten)	1/2 tsp. salt
2 1/4 c. flour	1 tsp. vanilla
	3/4 c. warm water
	1 c. sour buttermilk

Cream butter and sugar, add beaten eggs. Sift together dry ingredients and add alternately with sour buttermilk. Add vanilla and lastly add warm water and beat well. Bake at 350 degrees F. for 45 minutes. Frost with seven minute frosting below.

### Seven Minute Frosting:

1 c. brown sugar	3 Tbsp. water
white of 1 egg	

Put in double boiler and beat with egg beater until it forms a peak, when you lift the beater out. This will take 5 to 7 minutes. Remove from fire and add 1 tsp. vanilla and beat enough to hold shape.

## COMPANY DESSERT

Mrs. Peter Martinson

### Cream together:

1/2 c. shortening	1/2 c. sugar
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### Add:

4 egg yolks, beaten	1 tsp. vanilla
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### Sift together:

3/4 c. flour	1/4 tsp. salt
1 tsp. baking powder	

Add alternately with 5 Tbsp. milk. Spread in 2 8-inch layer pans, greased and floured. Beat 4 egg whites until stiff. Add 1 c. sugar gradually. Beat thoroughly after each addition. Spread over each layer and cover with chopped

## COMPANY DESSERT (Continued)

walnuts. Bake half an hour in moderately slow oven, 325 degrees F.

Turn out carefully. Cool, then put layers together with whipped cream or custard filling. Meringue side goes down for the bottom layer, then filling, then top layer with meringue on top. May be covered with whipped cream, but is really rich enough without.

### Whipped Cream Filling:

Combine:

1/2 pt. cream, whipped

1 medium can crushed pineapple, drained

Put between layers of cake.

### Custard Filling:

Combine:

2 Tbsp. sugar

pinch of salt

1 Tbsp. cornstarch

Then stir in:

1 egg yolk

1 c. milk

Cook until thickened. Add:

1/2 tsp. vanilla

"Delicious!"

## DATE WALNUT APPLE SAUCE CAKE

Mrs. Isabelle Smith

Mix:

1 c. sugar

1/2 c. shortening

## DATE WALNUT APPLE SAUCE CAKE (Continued)

Add:

1/2 tsp. cloves  
1 tsp. cinnamon

1/2 tsp. nutmeg

Stir well. Add:

1 egg or 2 egg yolks, unbeaten

Mix and add:

1 tsp. vanilla

Add:

1 c. strained applesauce, unsweetened

Add:

2 c. sifted flour  
1/2 tsp. salt

1 tsp. soda  
1 tsp. baking powder

Sift together. Mix good. Add:

1 c. chopped dates

1 c. chopped walnuts

Bake 50 minutes.

## KENTUCKY WHITE CAKE

Mrs. Grace Hardesty

1/2 c. Crisco  
1 1/2 c. sugar  
3 c. pastry flour  
2 tsp. baking powder

1 c. milk  
1 tsp. flavoring  
1/2 tsp. salt  
4 egg whites

Cream Crisco and sugar thoroughly. Sift together flour, baking powder and salt. Add alternately with milk, a little at a time. Add flavoring. Then fold in stiffly beaten egg whites. Turn into well Criscoed layer cake pans and bake in moderate oven, 375 degrees F. 15 to 20 minutes.



## LAZY DAISY CAKE

Mrs. Marie Raupach

2 eggs, beaten	1 c. flour
1 c. sugar	1 tsp. baking powder
1/2 c. hot milk	1/4 tsp. vanilla
1 Tbsp. butter in milk	

Sift flour and baking powder. Mix as given. Bake about 25 minutes.

### Frosting:

5 Tbsp. brown sugar	2 Tbsp. cream
3 Tbsp. butter	1 c. cocoanut

Spread on cake as soon as taken from oven and brown in broiler. "Very easy to make."

## MAPLE NUT CAKE

Mrs. Peter Humlie

Cream 1/3 c. shortening with 1 c. brown sugar. Add 2 egg yolks, mix well and add 3/4 c. milk. Sift together:

1 1/2 c. flour	2 level tsp. baking powder
1/2 tsp. salt	

Add 1 c. chopped pecans. Bake in a moderate oven. Top with brown sugar frosting.

## MASHED POTATO CAKE

Mrs. Josie Gumpert

1/2 c. butter and lard	1 tsp. allspice
2 c. brown sugar	1 tsp. nutmeg
1 c. mashed potatoes	1 tsp. cloves
1 c. chopped raisins	1 tsp. soda
1 c. chopped nut meats	1 tsp. baking powder
4 eggs	2 c. flour
	1 c. milk

Cream butter and brown sugar. Add beaten eggs and mashed potatoes. Sift flour, baking powder, soda and spices together. Add alternately with milk. Add nut meats and raisins. Bake in an angel food cake pan in a

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## MASHED POTATO CAKE (Continued)

medium oven for about 1 hour.

### MIX EASY CAKE

Miss Minnie Grande

2 c. cake flour  
2 tsp. baking powder  
3/4 tsp. salt  
1 c. sugar plus 2 Tbsp.

1/3 c. butter or butter  
substitute  
1 c. milk with 1 tsp. vanilla  
added to it  
1 egg

Stir the butter in the bowl. Sift in the dry ingredients. Add milk, beat 2 minutes. Add egg, beat 1 minute. If an electric mixer is not used, count 150 strokes per minute. Bake at 375 degrees F. for 25 minutes.

### NUT CAKE

Mrs. Carl Pausch

1 c. sugar  
1/2 c. butter  
1/2 c. milk  
1/2 c. chopped nuts

2 tsp. baking powder  
1 3/4 c. cake flour  
1 tsp. vanilla  
3 egg whites

Cream butter add sugar and cream until light. Add the milk. Add the sifted flour and baking powder. Then add the nuts and the beaten egg whites. Bake in moderate oven.

### ORANGE CAKE

Mrs. Hannah Clauson

1 c. sugar  
1/2 c. butter  
1 egg  
1 c. sour milk  
1 tsp. soda

1/2 tsp. salt  
1 c. raisins, chopped  
rind of 1 orange, chopped  
2 c. flour

Mix as given. Bake in a loaf pan in a moderate oven.

### Frosting or Topping:

juice of 1 orange  
juice of 1 lemon

1/2 c. sugar

## ORANGE CAKE (Continued)

Mix together and put over cake as soon as you take it from the oven. Spoon it on so it won't run off. Let stand in pan until ready to serve.

1/2 c. chopped nuts may also be added if desired.

" Very good."

## OREGON SUNSHINE CAKE

Mrs. Tommy Ontko

1 1/4 c. egg whites	1 1/2 tsp. vanilla
6 egg yolks	1/2 tsp. orange extract
1 1/8 c. sifted cake flour	1 1/2 c. sugar
1 tsp. cream of tartar	1/2 c. water
1/2 tsp. salt	

Sift flour and salt several times. Boil sugar, cream of tartar and water to 242 degrees, put on cover and let remain on the stove until needed. Separate eggs and beat whites until they stand in peaks. Beat syrup into whites, then gently beat and fold in egg yolks, beaten with the flavorings. Fold flour in carefully. Pour into ungreased tube pan.

Bake in 300 degree F. oven for about 1/2 hour, then increase to 325 degrees F. for 3/4 hour longer. Let hang inverted in pan until cold.

## PEANUT BUTTER CAKE

Mrs. Catherine Amundson

1 c. sugar	1/4 c. peanut butter
1/4 c. butter	

Cream the above well and add:

1 egg	1 tsp. soda
1 c. sour milk	1 1/2 c. flour

Bake in moderate oven about 350 degrees F. for 40 minutes. This cake keeps fresh for a long while.



## PEANUT BUTTER CAKE (Continued)

### Icing

1/2 c. powdered sugar	1 Tbsp. hot water
1/8 c. peanut butter	2 Tbsp. cream

Blend all together with 1 tsp. butter.

## PINEAPPLE SAUCE CAKE

Mrs. Etta Hohnstein

### Cream:

1/2 c. shortening	1 c. sugar
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### Beat in:

2 egg yolks	1/4 tsp. vanilla
1 drop almond extract	1/4 tsp. lemon extract

Stir 1/4 tsp. soda into 2/3 c. Dole crushed pineapple and add to mixture. Stir in 1 3/4 c. flour, sifted with 1 1/2 tsp. baking powder. Add 1/4 tsp. salt to 2 egg whites, beaten stiff, and fold in. Bake in greased 8 x 8 x 2 inch pan in moderate oven about 40 minutes. Frost if desired.

## POPPY SEED CAKE

Mrs. Eunice Jalling

1 c. sugar	1/2 c. shortening
2 Tbsp. poppy seed	3/4 c. milk

Soak poppy seed in milk overnight.

2 c. cake flour	3 egg whites
2 tsp. baking powder	1 tsp. vanilla

Cream sugar and shortening together thoroughly. Sift flour and baking powder together and add alternately with milk and poppy seed to the creamed mixture. Add vanilla. Fold in beaten egg whites. Bake in moderate oven in a greased loaf pan.

## POPPY SEED CAKE (Continued)

### Frosting:

1 c. milk	2 1/2 tsp. flour
1/2 c. sugar	1 tsp. vanilla
3 egg yolks	chopped walnut meats

Beat egg yolks with egg beater. Add milk, sugar and flour. Cook in double boiler (or over low heat in open saucepan, stirring constantly.) until thick. Add vanilla. Frost cake and cover with chopped nuts.

## PRINCE OF WALES CAKE

Mrs. Catherine Strand

1 c. sugar	1 c. chopped raisins
1/2 c. butter	1/2 tsp. cloves
1/2 c. sour milk	1 tsp. soda (dissolved in warm water)
2 c. sifted flour	1 tsp. baking powder
2 eggs	1 tsp. cinnamon
1 Tbsp. molasses	1/2 tsp. nutmeg

Cream sugar and butter. Add sour milk, flour, eggs, and molasses. Mix well. Add raisins, spices, and baking powder. Lastly add soda (dissolved in warm water). Bake in layers in moderate oven.

### Filling:

1 egg	1 c. sweet milk
1/2 c. sugar	1 tsp. melted butter

Cook until thick.

### Frosting:

1 egg white	1 c. sugar
1/2 c. boiling water	1 tsp. vanilla

Boil sugar with boiling water, about 7 minutes. Add to beaten egg white. Beat. Add vanilla.

## RED DEVIL'S FOOD CAKE

Mrs. Bertha Ralph

2 c. sifted flour	3/4 c. boiling water
3/4 tsp. salt	2 c. sugar
1 tsp. soda	1/2 c. sour milk
4 sq. chocolate	2 tsp. vanilla
1/2 c. shortening	2 eggs

Sift together flour, salt and soda 3 times. Combine chocolate, shortening and hot water and mix. Add sugar and stir until smooth. Add half flour, then half the milk, stirring only until blended, repeat. Add vanilla and eggs and beat for 2 minutes. Bake in 9-inch layers in moderate oven, 30 to 35 minutes.

## SOUR CREAM SPICE CAKE

Mrs. Peter Humlie

1/2 c. shortening	1/4 tsp. salt
2 c. brown sugar	1 tsp. soda
3 eggs	1 tsp. cloves
2 c. cake flour	2 tsp. cinnamon
1 tsp. allspice	1 c. sour cream

1. Cream shortening add sugar gradually.
2. Add well beaten egg yolks.
3. Sift flour once before measuring.
4. Sift flour salt soda and spices together and add to creamed mixture.
5. Add cream.
6. Fold in egg whites, beaten until stiff but not dry.
7. Pour in well greased and floured pan.

Time: 30 minutes. Temperature: 350 degrees F.  
Pans: 2 pans 9 x 2 inches deep.

## TOMATO SOUP CAKE

Mrs. Helen Hiaasen

1/2 c. shortening	1 tsp. cloves
1 c. sugar	1/4 tsp. salt
1 can tomato soup	2 c. cake flour
3/4 tsp. soda	2 tsp. baking powder
2 tsp. nutmeg	1 c. chopped dates
1 tsp. cinnamon	1 c. broken nut meats

## TOMATO SOUP CAKE (Continued)

Cream shortening and sugar. Add soup and soda, alternately with flour, sifted with baking powder and spices. Fold in nuts and dates. Bake in shallow loaf pan, 45 minutes, in moderate oven. Frost with following.

### Frosting:

Beat 1 pkg. cream cheese with 1 1/2 c. powdered sugar. Add 1 tsp. vanilla and spread on cool cake.

### BANANA ICING

Mrs. Vivian Brick

1 egg white, unbeaten  
1 c. sugar

2 medium bananas, sliced  
pinch salt

Put egg whites in bowl, add sugar and slice bananas on top. Add salt. Beat with spoon, about 15 minutes. Do not use egg beater. Beat steady until right consistency to spread.

### BUTTER ICING

Mrs. Vivian Brick

2 1/2 Tbsp. flour

1/2 c. milk

Make a paste and cool till thickened. Cool. Must be cool.

1/2 c. butter and  
shortening

1/2 c. sugar

Mix. Cream well. Add cooled paste and whip, until light and fluffy. Add up to 1 c. powdered sugar, until consistency to spread. Add 1/2 tsp. vanilla. "Very good."

### SNOWY FROSTING

Mrs. Isabelle Smith

1/4 c. vegetable shortening 1/2 c. powdered sugar

Cream shortening and gradually add sugar.

2 egg whites

1 c. powdered sugar

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## SNOWY FROSTING (Continued)

Beat the egg whites stiff, then gradually add the sugar.

1 1/2 c. powdered sugar

Combine above mixtures and add the rest of the powdered sugar to make a mixture that will hold its shape. Keep in cool place. Sufficient for 2 9-inch layers.

## COFFEE CAKE

Mrs. Bertha Ralph

3 1/2 c. flour

1/2 tsp. nutmeg

1/4 c. water

1 c. milk

1 pkg. dry yeast

3/4 c. sugar

1 tsp. salt

1/4 c. shortening

1/2 c. raisins

1 egg

### Topping:

1 1/2 Tbsp. butter

2 Tbsp. granulated sugar

1 Tbsp. brown sugar

1/2 tsp. cinnamon

Dissolve yeast and 2 Tbsp. sugar in 1/4 c. lukewarm water. Sift flour before and after measuring. Scald milk and cool. Add yeast to milk. Mix in 1/2 the flour. Allow to rise 45 minutes. Add sugar, salt, slightly beaten egg, nutmeg, raisins, and melted shortening. Add flour gradually. Let stand 10 minutes. Turn onto floured board and knead until smooth. Let rise 1 1/2 hours. Shape into loaves to fit greased pans. Let rise 45 minutes. Bake in moderate oven.

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PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

# Write Extra Recipes Here:

Write Recipe Here

Write Recipe Here

1/4 c. sugar  
1 egg  
1/4 c. shortening  
1/2 c. salt  
1 egg

1/2 c. shortening  
1/2 c. salt  
1 egg  
1/2 c. sugar  
1 egg

1/2 c. brown sugar  
1/2 c. cinnamon

1/2 c. brown sugar  
1/2 c. cinnamon

1/2 c. brown sugar and 1/2 c. cinnamon  
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1/2 c. brown sugar and 1/2 c. cinnamon

Write Recipe Here

# Deserts



## PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bath tub.

## HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose too young, and take only such varieties as have been reared in a good moral atmosphere.

When once decided upon and selected, let that part remain forever settled and give your entire thought to preparation for domestic use.

Some insist on keeping them in a pickle, while others are constantly getting them into hot water.

Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles and flavored with kisses. Then wrap well in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with the fruits of constant devotion and milk of human kindness.

When thus prepared, they will keep for years.

(We hope this gets desired results, which is to help women who have 'em to keep 'em and those who don't have 'em to get 'em and keep 'em well preserved.)

## SCRIPTURE CAKE

4 1/2 c. I Kings, 4:28; flour  
2 c. Jeremiah, 6:20; sugar  
2 c. Nahum, 3:12; figs  
1 c. Numbers, 17:8; almonds  
6 Jeremiah, 17:11 eggs  
6 Pinches of Leviticus; salt  
1 1/2 c. Judges, 5:25; butter  
2 c. Samuel, 30:12; raisins  
II Chronicles, 9:9; spices,  
season to taste  
2 tsp. Amos, 4:5; baking powder



## DESSERTS

### APPLE PUDDING

Mrs. Clara Reed

1 egg	1/8 tsp. salt
3/4 c. sugar	1/2 c. chopped apple
2 Tbsp. flour	1 tsp. vanilla
1 1/4 tsp. baking powder	

Beat egg and sugar together for a long time until very smooth. Mix flour, baking powder and salt. Add to egg and sugar mixture. Add chopped apple and vanilla. Bake in a greased baking dish at 325 degrees F. for 40 minutes. Be sure baking dish is filled only 1/4 full because the pudding expands several times during baking, then falls when almost done. Serve with cream or ice cream. Serves 4.

### BREAD PUDDING

Mrs. Arnold Carlson

1 c. bread cubes	1/2 tsp. vanilla
2 Tbsp. melted butter	1/4 tsp. cinnamon
1 egg, slightly beaten	2 c. milk, scalded
1/4 c. sugar	1/2 c. raisins
1/4 tsp. salt	

Combine sugar, salt, flavoring, butter, cinnamon and egg. Add milk slowly, stirring constantly. Add bread crumbs and raisins. Mix thoroughly. Pour into well buttered baking dish. Set in pan of warm water. Bake in moderate oven, 350 degrees F., about 1 hour or until an inserted knife comes out clean. Cool. Serve with cream.

### CREAM PUFFS

Mrs. Tommy Ontko

1/2 c. water	1/8 tsp. salt
1/4 c. shortening	2 eggs, unbeaten
1/2 c. sifted all purpose flour, sifted with salt	

Bring water and shortening to boiling point in heavy saucepan. Dump in sifted flour all at once. Lower heat. Stir rapidly. As mixture thickens and leaves sides of

## CREAM PUFFS (Continued)

pan, takes about 2 minutes, remove from heat. Add unbeaten eggs, one at a time, beating hard after each addition, until dough becomes light and fluffy. Drop by tablespoonfuls, 2 inches apart, on greased baking sheet. Bake in hot oven, 450 degrees F. for 10 minutes. Then reduce heat to moderate oven, 350 degrees F. Bake 25 minutes. Makes 6 puffs.

## DATE PUDDING

Mrs. Harold L. Hobbs

1/2 lb. chopped dates

Add:

1 c. boiling water

1 tsp. soda

Let stand while you put in a bowl and mix:

1 c. sugar

1 egg

1 Tbsp. butter

Then add the date mixture. Add:

1 1/2 c. flour

1/2 tsp. salt

1 tsp. baking powder

1/2 c. chopped nuts

Bake in a moderate oven 25 to 30 minutes.

Sauce:

1/2 lb. chopped dates

1/2 c. sugar

1/2 c. water

1/4 tsp. salt

Cook this until it thickens, or about 10 minutes. Add:

1/2 c. nut meats, chopped

Add nuts when the mixture cools. When the pudding is cool, spread this mixture over it. Cut in suitable pieces and serve with whipped cream.

## ESCALLOPED APPLES

Mrs. Eunice Jalling

4 c. peeled, sliced apples	1/4 c. sugar (additional)
1 c. sugar, mixed with 1	a few grains of salt
tsp. cinnamon	1 egg, beaten
1 c. flour	1 c. milk
1 tsp. baking powder	2 Tbsp. melted shortening

Combine the apples, sugar and cinnamon. Arrange in bottom of an oiled baking dish or pudding pan. Sift the dry ingredients together; add beaten egg combined with milk and melted shortening to dry ingredients. Beat until the batter is smooth and free from lumps. Pour over the apples. Bake in a moderate oven, 350 degrees F. for 40 minutes or until the batter is brown on top and the apples are tender. Serve warm, plain, with hard sauce or cream.

## GRAHAM CRACKER DESSERT

Mrs. Catherine Amundson

14 graham crackers, rolled	3/4 c. milk
(or 8 graham crackers	1/4 tsp. salt
and 6 ginger snaps)	1/2 lb. marshmallows

Melt marshmallows in the milk and salt. Set aside to cool. Whip 1/2 pt. cream. Add:

1 small can grated pineapple juice of 1/2 lemon  
2/3 c. chopped nuts

Fold into marshmallow mixture. Pour over half of graham crackers (rolled). Sprinkle rest of graham crackers on top. Chill in refrigerator. Serve with whipped cream. Top with maraschino cherries.

## ICE BOX DELIGHT

Mrs. Helen Hiaasen

Cream well:

1/2 c. butter	1 c. powdered sugar
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Add and beat very well:

## ICE BOX DELIGHT (Continued)

2 eggs or 3 yolks

Spread this over a thin layer of rolled crumbs (vanilla cookies or graham crackers). Then beat:

1 c. cream

Fold in:

1/2 c. chopped nuts

1/2 c. chopped maraschino  
cherries

Spread this over sugar layer. Top with more crumbs and set in refrigerator overnight or longer.

## ICE BOX PASTRY

Mrs. Peter Martinson

1/2 lb. butter

1/2 c. cold milk

1 Tbsp. sugar

3 eggs, separated

1 yeast cake

2 c. flour

1/2 tsp. salt

Cream the butter and sugar. Add egg yolks, which have been well beaten. Dissolve yeast in milk, add it to the butter mixture. Mix in the flour. Chill batter in the refrigerator. Cut dough in half. Roll out to 1 inch thick. Beat egg whites with 3/4 c. sugar. Spread on dough. Sprinkle with raisins, also spread on pineapple preserves. Bring 4 corners to center. Pinch edges together across top. Bake in moderate oven, 30 minutes.

Bake about 1 hour before serving so it can be served warm. Cut in pie shaped wedges.

Or can use as jelly roll, bake, then slice to serve.

## NABISCO TORTE

Mrs. Eunice Jalling

3/4 lb. crushed Nabiscos

1 c. powdered sugar

1/3 c. chopped walnuts

1 1/2 c. cream, whipped

3/4 c. soft butter

2 egg yolks

2 egg whites, beaten

1 qt. apricots (or other fruit)

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## NABISCO TORTE (Continued)

Crush Nabiscos with rolling pin and place 1/2 in a loaf baking dish. Cream butter and sugar together and 1 egg yolk at a time, beating thoroughly each time. Fold in beaten egg whites. Spread on Nabisco layer. Sprinkle with chopped nuts. Place fruit on top of nuts, cover with whipped cream, sweetened, and top with remaining 1/2 of crushed Nabiscos. Chill thoroughly a number of hours or overnight. Serve with or without whipped cream. Serves 10.

### ORANGE BANANA CREAM

Mrs. Grace Hardesty

1 pkg. orange flavored  
gelatin  
2 bananas

1/4 c. sugar  
1/4 pt. whipping cream  
1 Tbsp. lemon juice

Fill sherbet glasses half full of orange gelatin (made as directed on package). Mash bananas with sugar and lemon juice. Beat with an egg beater until smooth and light. Fold in whipped cream. Fill glasses with the banana cream over the orange jelly and serve very cold.

### PINEAPPLE DESSERT

Mrs. Carl H. Johnson

2 eggs, beat well  
1 c. sugar, beat more  
3/8 c. hot water

1 heaping c. flour  
1 1/2 tsp. baking powder  
1/4 tsp. salt

Grease iron skillet well with shortening, then take 1/4 lb. butter and break up in pieces all over bottom of skillet. Sprinkle 1 c. brown sugar all over the butter. Drain pineapple (other fruit may be used), well, then place in skillet over which pour the batter. Bake slowly 45 minutes. Remove from skillet Up Side Down. Serve with whipped cream.

### WALNUT ICEBOX PUDDING

Mrs. Grace Hardesty

3 c. bran flakes  
1 c. corn flakes  
1/8 tsp. salt

4 Tbsp. sugar  
1 tsp. grated orange rind  
1 c. chopped dates

## WALNUT ICEBOX PUDDING (Continued)

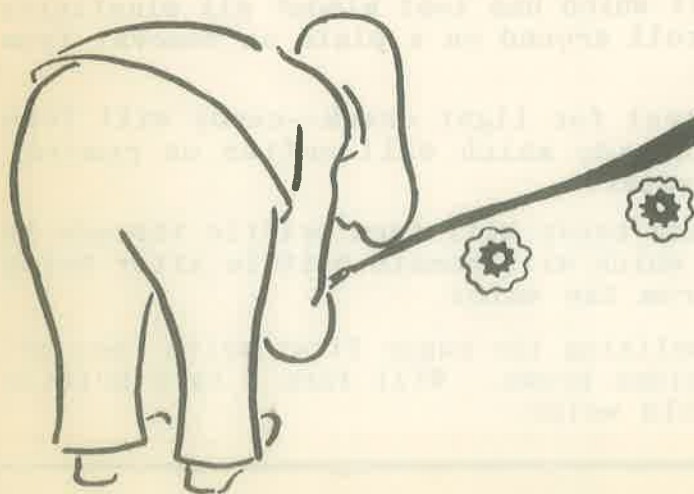
1 c. broken English walnuts    1 c. milk

Mix the crushed cereals and set aside  $1\frac{1}{2}$  c. of them. To the rest of the mixture, add the salt, sugar, orange rind, dates and nuts. Then add the milk and mix. Shape this into an 8 inch roll. Sprinkle this with the reserved cereals. Wrap roll in waxed paper and chill in refrigerator 5 or 6 hours or until firm. Slice and serve with whipped cream. Serves 8.

---

Write Extra Recipes Here:

# Candy Jelly 'n Preserves



## TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238°	Soft Ball
Divinity, Caramels	245-248°	Firm Ball
Taffy	265-270°	Hard Ball
Butter Scotch	275-280°	Light Crack
Peanut Brittle	285-290°	Hard Crack
Caramelized Sugar	310-321°	Caramelized

In using the coldwater test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.



## CANDY, JELLY, PRESERVES

### COLLEGE FUDGE

Mrs. Peter H. Humlie

1 c. white sugar	pinch of cream of tartar
1 c. brown sugar	dash of salt
3 Tbsp. cocoa	1 c. nuts
2/3 c. top milk	

Place ingredients in saucepan. Place on stove and stir until all sugar is dissolved. Cook slowly until candy forms soft ball in cold water. Remove from heat. Add a Tbsp. of butter and cool. Add vanilla and beat until thick and creamy. Add nuts. Pour into pan and cut into squares.

### DIVINITY FUDGE

Mrs. Vivian Brick

2 c. sugar	1 tsp. vanilla
2/3 c. Karo syrup	pinch of salt
1/3 c. water	1 c. walnuts
2 egg whites	

Cook sugar, syrup and water until it "hairs" when poured from spoon. Must "hair" more than for frosting. Beat egg whites until they form peaks. Gradually pour syrup mixture into egg whites while continuing to beat with beater. Finish beating with spoon until quite cool and will hold shape when dropped from spoon. Add salt, vanilla, and nuts. Drop on waxed paper with spoon.

### NEVER-FAIL FUDGE

Mrs. Carl Johnson

2 c. sugar	2/3 c. cream or top milk
1/4 c. white Karo	2 tsp. cornstarch (level)

Mix above ingredients and let come to a boil. Add 2 squares melted chocolate. Boil until it forms a soft ball when put in cold water. Beat until creamy. Add vanilla and nut meats. Cool and cut in squares.

### PANUCHA (Brown sugar fudge)

Mrs. Dale Bannon

2 Tbsp. butter	2 c. brown sugar
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## PANUCHA (Continued)

1/4 tsp. salt  
3/4 c. top milk or cream

3/4 c. cocoanut or chopped  
pecans, peanuts, walnuts,  
chopped dates or raisins

Melt butter in pan, add sugar and milk or cream. Stir. Boil until mixture forms soft ball when tried in cold water. Remove from fire, leave undisturbed until cool. Beat with wooden spoon until creamy. Add cocoanut or nuts. Press in buttered pan and mark in squares.

## MEXICAN PANOCHA

Miss Minnie Grande

3 c. brown sugar  
1 c. cream

1 c. nut meats  
1 tsp. vanilla

Cook the sugar and cream until it forms a soft ball in cold water. Take it from the stove, add the nut meats and the vanilla. Beat until creamy. Drop on wax paper to cool.

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Write Extra Recipes Here:

# Beverages in Miscellaneous



## QUANTITY SERVING FOR FIFTY

Juice for Cocktail - 6 1/2 quarts.  
Lemons for lemonade - 6 dozen.  
Peas, No. 2 1/2 can - 10 to 12.  
Potatoes (white) creamed - 16 lbs. Buttered whole, 20 lbs. Au Gratin - 15 lbs. with 4 c. medium sauce, 1 lb. cheese.  
Potato Salad - 12 lbs., 2 bunches celery, 2 dozen eggs, pickle, 4 green peppers, mayonnaise and seasoning to taste.  
Potatoes (Sweet) souffle - 16 lbs. Candied, 18 to 20 lbs.  
Cabbage Salad, Slaw, 8 lbs., 2 bunches carrots, 1 bunch celery, dressing.  
Cabbage-Apple Salad, 1/2 doz. apples, 6 lbs. cabbage, 2 boxes raisins, nuts.  
Rice - 3 lbs. Grits - 2 1/2 lbs.  
Fresh Tomatoes - 10 lbs.  
Rolls - 15 dozen or 6 yeast cakes made into rolls.  
Beef Roast - 18 to 20 lbs.  
Meat cakes - ground meat, 16 to 18 lbs.  
Meat loaf - 12 to 15 lbs.  
Fresh Ham - 20 to 25 lbs.; tenderized, 17 to 20 lbs.  
Sausage, 16 lbs.  
Chicken (dressed) Creamed, 15 to 18 lbs., baked 25 to 30 lbs.  
Turkey (dressed and drawn) 22 to 25 lbs.  
Chicken Stew - 4 hens, weighing 5 lbs. or more.  
Brunswick Stew - 14 lbs. beef, 3 lbs. lean pork, 1 fowl, 7 cans tomatoes, 4 cans corn.  
Ice Cream - 2 gallons of bulk cream.  
Coffee - 1 lb.



## BEVERAGES AND MISCELLANEOUS

### LOST HUNTER'S SPECIAL

Mr. Carl Johnson

First get lost; all hunters find that easy.  
Stir slowly about until you spot porcupine.  
Being lost, the sportsman's code permits taking porcupine.  
Don't shoot, you may miss; remember you are starving  
So club porcupine with butt of gun.  
Skin out hind quarters of porcupine,  
Throwing rest of carcass over left shoulder.  
Build fire in rain of wet sticks and wet leaves.  
Make skewer of Devil Club (stickers may be picked from  
fingers at a later date)  
And pass skewer through hind quarters.  
Hold over smoldering fire and turn slowly.  
Keep praying that you will be found  
Before you have to eat meal in making;  
Lacking salt, sift ashes lightly over cooking meat.  
When arms tire from holding succulent morsel,  
Raise slowly to mouth and sink teeth deeply  
(Into either arm or morsel).  
If you can't get your teeth loose,  
You should have cooked it longer.  
Get in car and drive madly for home  
Before lock-jaw sets in.

Mrs. Harold L. Hobbs

To remove marks made by matches on a painted surface, rub with a cut lemon.

Heat your polishing cloths in the oven when you wax your floors. This gives added shine with a lot less work.

Use Clorax in taking brown spots off of stoves, and waxed bread papers to polish the top.

To remove hair shed by a dog, or cat, on upholstery or rugs or clothes, take a large dry sponge and wipe the fabric.

After washing painted woodwork or furniture, no matter



how light the color, give it a light coating of liquid floor wax. This keeps it clean longer and helps to protect it from deep scratches or cuts.

Put 1 tsp. ammonia in a large bowl of water. Leave it in the room overnight and it will remove the odor of fresh paint or cigarette smoke.

To keep your hands looking their best, when gardening or doing other rough work, rub soap under the finger nails. Then apply lotion freely, and wear loose canvas gloves whenever possible.

Save your coffee grounds in a small pail until you have enough for this purpose. Keep them damp and sweep your basement floor and coal room with them. If you keep the coal room clean you do not track out dust. Use the grounds several times.

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Write Extra Recipes Here:

## REFRIGERATOR RECIPES

### GRAPENUT CRABMEAT COCKTAIL

1 1/2 c. grapefruit sections	1/3 tsp. lemon juice
1 can (8 oz.) crabmeat	1 tsp. catsup
1/3 c. mayonnaise	1 drop Tabasco sauce
1 tsp. vinegar	lettuce or water cress

Chill grapefruit sections in the refrigerator. Flake crabmeat, remove bony tissue and chill in the refrigerator. Combine mayonnaise, vinegar, lemon juice, catsup and Tabasco sauce. Arrange grapefruit sections in lettuce or water cress lined cocktail glasses and arrange crabmeat in the center. Top with mayonnaise mixture. Serves 6.

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### MELON BALLS COCKTAIL

1 c. watermelon balls	1/2 c. orange juice
1 c. cantaloupe balls	2 Tbsp. lemon juice
1 c. honeydew melon balls	mint (optional)

Chill the fruit thoroughly in the refrigerator. Place in sherbet glasses which have been well chilled in the refrigerator. Pour blended orange and lemon juices over fruit and garnish with mint. Serves 6.

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### TOMATO CLAM COCKTAIL

1 1/2 c. tomato juice	pepper
1 1/2 c. clam juice	6 slices lemon
salt	

Combine tomato and clam juices. Season with salt and pepper to taste. Chill thoroughly in your refrigerator. Serve in small cocktail glasses with finely crushed ice.

## TOMATO CLAM COCKTAIL (Continued)

Garnish with lemon slices. Serves 6.

"BUY THE HOTPOINT REFRIGERATOR FROM  
BARRON'S AUTO SUPPLY"

## PEACH MARSHMALLOW REFRIGERATOR CAKE

1 Tbsp. unflavored gelatin	2 eggs, separated
1/4 c. cold water	1/2 lb. marshmallows, cut
1/3 c. butter (softened)	into small pieces
1 c. confectioners' sugar	4 c. sliced peaches
	2 c. vanilla wafer crumbs

Soften gelatin in water 5 minutes. Cream butter, add sugar and blend in egg yolks. Cook over low heat, stirring constantly until thickened. Remove from heat, add gelatin and stir until dissolved. Cool slightly, add marshmallows, blend lightly and chill in refrigerator until mixture begins to thicken. Fold in sliced peaches and beaten egg whites. Arrange alternate layers of cookie crumbs and peach filling in a mold, beginning and ending with cookie crumbs. Chill in the refrigerator until firm, unmold and serve with or without whipped cream. Serves 8.

Use sweetened cooked apricots instead of peaches. Also very good molded with layers of chocolate wafers.

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## BUTTERSCOTCH COOKIES

2 c. brown sugar	3 c. sifted flour
1 c. butter or margarine	1 tsp. soda
2 eggs	1 tsp. cream of tartar
	1 c. chopped nuts

Cream the sugar and butter or margarine. Add the whole eggs, one at a time, blend thoroughly. Add sifted dry ingredients. Stir in nuts. Chill the dough in the refrigerator, then form into rolls 2 inches in diameter. Wrap rolls of dough in waxed paper and store in the refrigerator until needed. Cut in 1/8 inch slices, place on a baking sheet, and bake in a 400 degree oven for 10 to

## BUTTERSCOTCH COOKIES (Continued)

12 minutes. Makes about 80 cookies.

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## CHOCOLATE PINWHEELS

1 1/2 c. sifted flour	1 egg yolks, well beaten
1/2 tsp. baking powder	1 tsp. vanilla
1/8 tsp. salt	3 Tbsp. milk
1/2 c. shortening	1 oz. (sq.) chocolate, melted
1/2 c. sugar	

Sift flour, baking powder and salt together. Cream shortening with sugar until fluffy. Add egg yolks and vanilla and beat well. Add flour alternately with milk, mixing well after each addition. Divide dough into 2 parts. To one part, add chocolate and blend. Chill in refrigerator until firm enough to roll. Roll each half into rectangular sheet, 1/8 inch thick and as nearly same size and shape as possible. Place plain sheet over chocolate sheet and roll as for jelly roll. Chill overnight in the refrigerator or until firm enough to slice. Cut into 1/8 inch slices. Bake on ungreased baking sheet in hot oven (400 degrees) for 5 minutes. Makes 50 pinwheels.

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## FROZEN PINEAPPLE TORTE

3 egg yolks	3 egg whites
dash of salt	2 Tbsp. sugar
1/2 c. sugar	1 c. cream, whipped
1 9-oz. can crushed pineapple (drained)	2 c. vanilla wafer crumbs
	2 Tbsp. lemon juice

Beat egg yolks, salt and sugar. Add pineapple juice from can and lemon juice. Cook over hot (not boiling) water until mixture coats spoon. Add pineapple and cool. Make a meringue of egg whites and 2 Tbsp. sugar. Fold in whipped cream and cooled custard.

Coat sides and bottom of oiled refrigerator tray with



## FROZEN PINEAPPLE TORTE (Continued)

vanilla crumbs. Spread half of crumbs in bottom of tray, pour in custard and cover with remaining crumbs. Chill 3 to 4 hours in the refrigerator.

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## ORANGE MARSHMALLOW DESSERT

20 marshmallows

1/2 c. orange juice

Melt marshmallows in orange juice in top of double boiler. Cool and add to 1/2 pt. whipped cream. Chill in refrigerator. Serve with lemon sauce.

### Lemon Sauce:

juice of 2 oranges

1 c. sugar

juice of 1 lemon

4 tsp. cornstarch

1 c. water

Cook in double boiler until thick.

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## PEAR CREAM

1 Tbsp. gelatin

1/4 tsp. salt

2 Tbsp. cold water

2 c. scalded milk

2 eggs, separated

2 Tbsp. sugar

1/4 c. sugar

1 tsp. vanilla

6 cooked pear halves

Soften gelatin in cold water 5 minutes. Beat egg yolks, sugar and salt together until light. Add milk slowly to egg yolk mixture. Cook over low heat, stirring constantly, until mixture coats a spoon. Remove custard, add softened gelatin and stir until dissolved. Cool to room temperature. Beat egg whites until foamy. Gradually add 2 Tbsp. sugar and vanilla. Beat until mixture stands in peaks. Fold into custard. Arrange pear halves in serving dish or 6 individual dishes, pour custard over them. Chill in the



## PEAR CREAM (Continued)

refrigerator until firm.

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## PRUNE DESSERT

Let soak a few minutes:

1 envelope gelatin                      1/4 c. cold water

Add this and let cool:

1/2 c. hot prune juice              juice of 1/2 lemon

Fold in:

2 egg whites, beaten stiff              1/2 c. cream, whipped

Fold in:

1 c. cooked prunes, cut in pieces

Put layer of vanilla wafer crumbs in bottom of pan.  
Place prune custard on top. Chill in refrigerator. Serve  
with cream.

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## STRAWBERRY MILK MALLOBET

32 marshmallows (1/2 lb.)              1 1/2 c. crushed, fresh  
2 c. milk, chilled                      strawberries  
2 Tbsp. lemon juice

Heat marshmallows and 2 Tbsp. milk slowly, folding  
over and over until marshmallows are about half melted.  
Remove from heat and continue folding until mixture is  
smooth and spongy. Cool to lukewarm, then blend in  
remaining milk, crushed strawberries and lemon juice.  
Pour into freezing tray of the refrigerator and freeze,  
stirring several times while freezing. Serves 5 or 6.

## STRAWBERRY MILK MALLOBET (Continued)

Loganberry Mallobet--use only 1 1/2 c. milk and 1 1/2 c. loganberry puree.

Raspberry Mallobet--use crushed raspberries instead of strawberries.

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## GRAHAM CRACKER PUDDING

2 c. graham cracker crumbs    1 c. cocoanut  
1 c. quartered marshmallows    1 tsp. vanilla  
1 c. chopped walnuts            1/2 c. cream  
1/2 c. confectioners' sugar    1/2 c. heavy cream, whipped

Mix cracker crumbs, marshmallows, nuts, sugar, cocoanut, vanilla and cream together thoroughly. Line refrigerator tray with heavy waxed paper and pack mixture into tray. Freeze in the refrigerator until firm. Slice with warm knife for serving and top with whipped cream. Serves 10.

Cookie crumb Pudding--use vanilla wafers, chocolate cookies or macaroons instead of graham crackers.

Pineapple Pudding--use 1/2 c. grated pineapple and 1/2 c. pineapple juice instead of cream. Omit cocoanut, if desired.

Prune Pudding--use 1 c. cooked prune puree instead of cream.

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## GINGER ALE SHERBET

1/2 c. water                      1 qt. ginger ale  
1 1/4 c. sugar                    1/2 c. orange juice  
4 egg whites                    1/2 c. lemon juice  
1/8 tsp. salt

Boil water and 1 c. sugar to 234 degrees or until syrup spins a long thread. Beat egg whites until stiff but not dry, then beat in salt and remaining sugar. Pour hot syrup slowly over whites, beating constantly. Continue

## GINGER ALE SHERBET (Continued)

beating until almost cool and add remaining ingredients. Pour into freezing tray of your refrigerator and freeze until firm. Serves 10 to 12.

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## ORANGE SHERBET

1 1/2 c. sugar	2 egg whites, stiffly beaten
1 c. water	2 c. orange juice
few grains salt	3 Tbsp. lemon juice

Boil sugar, water and salt together 5 minutes. Pour in thin stream over beaten egg whites, while beating constantly. Add fruit juice, pour into freezing tray of the refrigerator and freeze. When half frozen beat until smooth but not melted and freeze until firm. Serves 6.

Grapefruit sherbet--Use grapefruit juice instead of orange juice.

Grapefruit and orange sherbet--Use 1 1/4 c. grapefruit juice and 3/4 c. orange juice instead of 2 c. orange juice.

Lemon sherbet--Omit orange juice, increase sugar to 2 c., lemon juice to 1 c. and water to 2 c. Proceed as above.

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## CHILLED CHEESE PIE

4 Tbsp. cornstarch	1 tsp. grated lemon rind
1/3 c. sugar	1/4 c. lemon juice
1/8 tsp. salt	4 oz. cream cheese
2 c. scalded milk	2 egg whites
1 tsp. vanilla	1 9-inch graham cracker pie shell

Mix cornstarch, sugar, and salt. Add milk slowly and stir constantly on low heat until mixture thickens. Add vanilla, lemon rind and juice. Soften cheese with a fork, gradually add hot mixture, stir until smooth. Fold in

## CHILLED CHEESE PIE (Continued)

beaten egg whites, pour into shell and chill in the refrigerator until firm. Serves 6.

### Graham Cracker Pie Shell

16 graham crackers	1/4 c. sugar
(1 1/4 c. crumbs)	1/4 c. softened butter

Roll crackers to make fine crumbs and mix well with sugar. Combine butter thoroughly with the crumbs. Press crumbs against sides and bottom of 9-inch pie plate. Chill for 2 or 3 hours in the refrigerator or bake in 375 degree oven for 10 minutes.

NOTE: 2 Tbsp. graham cracker crumbs from crust may be reserved for sprinkling over top of pie.

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### PUMPKIN CHIFFON PIE

1 Tbsp. gelatin	1/4 tsp. salt
1/4 c. cold water	1 tsp. cinnamon
3 eggs, separated	1/4 tsp. ginger
1/2 c. milk	1/4 tsp. allspice
1 c. brown sugar, firmly packed	2 Tbsp. granulated sugar
1 1/2 c. pumpkin, cooked or canned	1 9-inch baked pie shell

Soften gelatin in cold water 5 minutes. Beat egg yolks slightly and combine with milk, brown sugar, pumpkin, salt and spices. Cook over low heat, or in double boiler and stir constantly until thickened, about 10 minutes. Remove from heat, add gelatin and stir until dissolved. Chill until mixture is almost set, then beat until light and fluffy. Beat egg whites until foamy, add granulated sugar gradually and beat until mixture forms soft, moist peaks. Fold into pumpkin mixture and pour into pie shell. Chill in refrigerator until set. Serves 6.

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## CRABMEAT APPLE SALAD

1 1/2 c. crabmeat	1/4 c. lemon juice
3/4 c. diced celery	3 hard cooked eggs
1 1/4 c. diced tart apples	1/4 c. mayonnaise
2 Tbsp. salad oil	lettuce
1 tsp. salt	

Combine crabmeat, celery and diced apples. Mix together salad oil, salt and lemon juice and add to crabmeat mixture and chill in the refrigerator for 20 minutes. Add coarsely chopped eggs and mayonnaise. Serve on lettuce. Serves 6.

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## CRANBERRY SALAD

2 c. cranberries	1/4 c. chopped nuts
1 1/2 c. water	1/2 tsp. salt
3/4 c. sugar	1 tsp. lemon juice
1 Tbsp. gelatin	lettuce
1/2 c. diced celery	mayonnaise

Cook cranberries in 1 1/4 c. water until almost soft. Add sugar and cook 5 minutes longer. Soak gelatin in 1/4 c. cold water 5 minutes. Add to hot cranberries and stir until gelatin is dissolved. Cool, and when mixture begins to thicken, add celery, nuts, salt and lemon juice. Turn into 6 individual molds. Chill in refrigerator. When firm, remove from molds and serve on lettuce. Garnish with mayonnaise. Serves 6.

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## MOLDED FISH SALAD

1 c. tomato juice	3 Tbsp. vinegar
1 tsp. whole mixed spices	1/4 c. chopped celery
1 Tbsp. sugar	1/4 c. chopped green pepper
1/4 tsp. salt	1 1/2 c. cooked flaked fish
1 Tbsp. gelatin	water cress or lettuce
1/2 c. cold water	mayonnaise



## MOLDED FISH SALAD (Continued)

Simmer tomato juice , spices, sugar and salt together 5 minutes. Strain. Soften gelatin in cold water 5 minutes, then dissolve in hot tomato mixture. Add vinegar and cool. When gelatin mixture begins to thicken, fold in celery, green pepper, and flaked fish. Turn into mold and chill until firm in your refrigerator. Remove from mold and serve with lettuce or water cress and mayonnaise. Serves 6.

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## SPRING VEGETABLE SALAD

1 Tbsp. gelatin	1 Tbsp. vinegar
1/3 c. cold water	1 c. cabbage, shredded
2/3 c. boiling water	1/2 c. shredded raw beets
1/4 c. sugar	1/4 c. diced celery
1 tsp. salt	2 Tbsp. diced green pepper
1/4 c. lemon juice	1 Tbsp. chopped onions

Soak gelatin in cold water for 5 minutes. Dissolve with sugar and salt in boiling water. Add lemon juice and vinegar. Chill in the refrigerator until mixture thickens slightly. Add vegetables and turn into 6 individual molds. Chill in the refrigerator until firm. Serve on lettuce with mayonnaise. Serves 6.

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## NUT-CRISP ICE CREAM

Ice Cream Mixture:

1 c. scalded milk	1/8 tsp. salt
1/2 c. sugar	1 c. cream, whipped
4 tsp. flour	1 tsp. vanilla

Nut-Crisp:

2 Tbsp. butter	1 c. cornflakes
3 Tbsp. brown sugar	1/4 c. chopped nuts

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## NUT-CRISP ICE CREAM (Continued)

Stir scalded milk into blended sugar, flour, and salt. Cook over hot water 20 minutes, (until slightly thickened). Cool, fold in whipped cream and vanilla. Pour into refrigerator tray and freeze with cold control set at coldest position. Melt butter and blend with brown sugar. Cook until thick and smooth, stirring constantly. Add cornflakes, nuts and blend 5 minutes; then cool. Remove frozen mixture to a chilled bowl and beat with a chilled beater or an electric mixer until smooth and light. Fold in nut mixture. Return to refrigerator tray and freeze until firm. Serves 6.

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## STRAWBERRY PIE

Bake a pie shell. Line pie with fresh strawberries. Cook 1 c. berries with 1 1/2 c. water and 3/4 c. sugar. Strain. Thicken liquid with 2 Tbsp. cornstarch. Pour over fresh berries in pie shell. Chill in refrigerator. When chilled serve with whipped cream.

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### STRAWBERRY PIE

Bake a pie shell. Fill the shell with strawberries.  
Cook 1 lb. strawberries with 1/4 c. water and 1/4 c. sugar.  
Stir in 1/2 c. lemon juice and 1/2 c. sugar. Boil for 10 minutes.  
Pour the mixture over the strawberries in the shell. Chill in refrigerator.  
When chilled, serve with whipped cream.

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## FREEZER RECIPES

### HOW TO PREPARE AND FREEZE FRUITS IN YOUR HOME FREEZER

Many fruits, when properly prepared, packaged and frozen, result in frozen products of high quality. Peaches, strawberries, blueberries, cherries, cranberries, raspberries, currants and gooseberries are especially desirable. To assure excellent frozen products, select only high-quality, firm, fully ripened fruits--just as you would prefer them for eating raw. Soft, mushy fruit will become still softer after freezing and thawing.

Wash fruits thoroughly in cold water. Then carefully sort out and discard any spoiled or hard portions as they might give an undesirable flavor to an entire package. Prepare fruits for table by slicing or dicing so they are ready for immediate use when wanted. Small fruits such as cherries or raspberries may be frozen whole.

Certain fruits and berries retain better flavor and appearance when they are packed with sugar, sugar syrup, or corn syrup.

Fruits and berries should be packed in leak-proof, air-tight containers. Be sure to seal each package tightly and label with contents, kind of pack, and date frozen. Freeze immediately in your home freezer.

Fruits packed with sugar should be prepared as directed, put in a bowl, add required amount of sugar for table use, gently stir until sugar is dissolved. Pack in liquid-tight containers, leaving 1/2 inch space at top of container for freezing expansion. Seal, label and place immediately in your home freezer.

Fruits packed with syrup are placed directly into liquid tight container until filled within 1/2 inch of top. Cover fruit with syrup of type desired. Seal package, label and place in your home freezer immediately.

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### HOW TO WRAP MEATS AND POULTRY FOR HOME FREEZER

Meats can be very quickly and easily wrapped and



## HOW TO WRAP MEATS AND POULTRY FOR HOME FREEZER (Continued)

sealed for freezing in the home freezer, then it is always ready for quick use, for frying, roasting, boiling as you wish to use it.

Meat cuts to be used for a single meal should be wrapped in one package. Roasts should be individually wrapped, and steaks, chops, ground meats, should be wrapped in quantities used at one time by your family. If 2 or more cuts are wrapped together such as chops, or ground meat patties, place 2 layers of the special freezer wrapping paper between the cuts to make them easier to separate later. Omit salt in the preparation of sausage meat and beef patties as unsalted meat keeps better.

Beef, lamb, pork, ground meats, smoked meats, poultry, rabbits, fish, game birds, venison and elk can be frozen and kept in your home freezer.

Instructions for wrapping:

1. Use a large enough sheet of wrapping material so it can be folded over several times.

2. Bring wrapping snugly around meat and fold over twice to provide a tight seal.

3. Fold open ends twice. Seal with special gummed tape suitable for low temperatures or tie with string.

4. Label and date each package.

5. With lightweight wrapping material it is advisable to use stockinette for holding the wrapping material in close contact with the meat--and also to protect the wrapping from damage during storage in your home freezer.

6. Place in home freezer immediately to freeze.

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## HOW TO PREPARE AND FREEZE VEGETABLES IN HOME FREEZER

With a variety of prepared, packaged and frozen vegetables in your home freezer, you can enjoy garden-fresh foods--flavorful as the day they were picked--on your table the year round.



## HOW TO PREPARE AND FREEZE VEGETABLES IN HOME FREEZER (Continued)

Select a good quality and fully ripe just as you would choose them for cooking and serving.

Vegetables are prepared for freezing in much the same way as they are prepared for cooking. They should be thoroughly washed to remove all dirt and unripe or damaged material. Always prepare and freeze as quickly as possible after harvesting or purchasing.

Be sure to blanch as blanching helps maintain the original taste, quality and appearance of most vegetables. Have the water boiling before you start to blanch the vegetables, using at least 1 gal. of water per pound of vegetables. Then count the time for blanching after the vegetables are added and the water again starts to boil. COOL THOROUGHLY in ice water or cold running water after blanching and before freezing, approximately 3 to 5 minutes. Drain off excess water and vegetables are ready to package. Immediately after cooling, pour vegetables into containers of the size to provide the needed quantity for your family for a meal. Seal. Date. Name contents of package. Place in home freezer immediately and allow to freeze. Vegetables that can be frozen are: asparagus, Lima beans, string beans, beets, broccoli, Brussels sprouts, carrots, cauliflower, sweet corn, kohlrabi, eggplant, peas, peppers, spinach, squash, turnips and various types of greens.

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### BAKED BEANS

(A short-order specialty when there is a supply in the home freezer.)

4 c. Navy beans	1 tsp. dry mustard
2 1/2 tsp. salt	6 c. water
1/4 c. molasses	1/2 lb. salt pork, cut in
1/3 c. brown sugar	1/2 inch strips
	1 medium-sized onion,
	quartered

## BAKED BEANS (Continued)

Wash and inspect beans. Cover with water and soak overnight. Drain. Combine salt, molasses, brown sugar, mustard and water, and add to beans. Pour into large bean pot or casserole. Press salt pork and onion into top of beans. Cover and bake at 300 degrees for 6 hours. Remove cover during last half hour. Chill beans thoroughly in refrigerator and pack in moisture-proof containers of the size to provide the needed quantity for a meal. Freeze immediately in home freezer. Yield: 12 cups, 6 pt. packages or 3 quart packages.

Directions for Serving--Place beans in a saucepan with  $\frac{1}{4}$  c. water. Cover. Heat slowly for 15 to 20 minutes. As beans thaw, break apart gently and stir occasionally to prevent sticking. Or, thaw beans at room temperature and heat slowly in saucepan for 5 minutes, stirring occasionally.

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## BEEF STEW

2 $\frac{1}{2}$ lbs. boneless chuck	$\frac{1}{8}$ tsp. celery seed
or round, cut in $1\frac{1}{2}$	dash of thyme
inch pieces	1 Tbsp. salt
4 Tbsp. fat	1 c. chopped onion
6 c. water	2 c. carrot sticks ( $\frac{1}{2}$ x $1\frac{1}{2}$ )
1 whole clove	$1\frac{1}{2}$ c. cut string beans
$\frac{1}{2}$ bay leaf	$\frac{3}{4}$ c. flour
	$1\frac{1}{2}$ c. water

Other meats may be used in place of beef. If desired, cooked potatoes can be added when stew is heated--they do not freeze satisfactorily.

Roll meat in seasoned flour and brown on all sides in melted fat. Add 6 c. water, seasonings and salt. Cook gently for  $1\frac{1}{4}$  hours. Add onion, carrots and string beans and cook until almost tender (about 20 minutes). Blend flour and  $1\frac{1}{2}$  c. water into a smooth paste and stir slowly into stew mixture, bring to a boil and cook gently 10 minutes. Chill the stew thoroughly in a refrigerator. Package and freeze immediately in home freezer. Yield:

## BEEF STEW (Continued)

4 pint packages.

Directions for serving--Place frozen stew and 2 to 4 Tbsp. water in a covered pan and heat slowly for about 25 minutes. As stew thaws, break apart with a fork occasionally during heating. Or, thaw stew at room temperature for about 5 hours and heat slowly in covered pan for 8 to 10 minutes.

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## CHICKEN A LA KING

(Useful for a meal in a hurry.)

1/2 c. chicken fat	1 c. top milk
3/4 c. flour	2 1/2 c. sliced fresh mushrooms
2 1/4 tsp. salt	
1/8 tsp. pepper	1/4 c. diced green pepper
3 1/4 c. chicken stock	1/4 c. diced pimento
	2 1/2 c. diced chicken

Melt fat and blend in flour, salt and pepper. Add chicken stock and milk gradually while stirring. Cook until smooth and thickened. Pre-cook mushrooms 8 minutes and green pepper for 4 minutes and drain. Combine vegetables and chicken with sauce. Chill thoroughly in refrigerator. Package and freeze immediately in home freezer. Yield: 3 pint packages.

Directions for serving: Place frozen chicken a la king and 1/3 c. milk in saucepan, cover and heat slowly 20 to 30 minutes until mixture is completely thawed and heated. Heat in double boiler if dependable low heat is not available, allowing 30 to 45 minutes. Serve on toast or in patty shells.

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## CHICKEN PIE

Here is a suggestion which should relieve your fear of unexpected company. This may be prepared from left-

## CHICKEN PIE (Continued)

over chicken, frozen until such time as needed.

Mix 2 c. roast chicken, diced, with 1/2 c. cooked smoked ham (optional)--if omitted, use more chicken or some left-over beef, 1/2 c. chicken dressing or toasted bread crumbs, 1/2 c. sliced mushrooms (optional), 2 hard cooked eggs, sliced, 8 large ripe olives, sliced, 3 medium onions, parboiled, and chopped, 1/8 tsp. nutmeg, 2 tsp. lemon juice, 1 c. thick chicken gravy, salt and pepper to taste.

Line a baking dish or casserole with pastry. Beat an egg with 1 Tbsp. milk and brush the dough with this. Mix all the ingredients, add the remaining egg mixture and pour into the pastry lined dish. Top with pastry. When freezing do not cut the holes for the steam to escape, this is done just before baking. Wrap in special freezer paper and seal. Place in home freezer for future use.

Directions for baking--Cut slits in top crust, place frozen pie in 500 degree oven for 15 minutes, then reduce heat to 350 degrees and bake 1 hour. Serve frozen cranberry relish with this.

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## CRANBERRY RELISH

A zesty relish for meats or fowl.

4 c. cranberries	1 lemon
3 oranges	1 1/4 c. sugar

Put cranberries through food chopper. Quarter whole oranges and lemon; remove seeds and put through food chopper. Add sugar to fruit and mix well. Chill in refrigerator 2 or 3 hours. Package and store in home freezer immediately. Yield: 1 quart or 2 pint packages.

Directions for serving--Thaw at room temperature 2 1/2 to 3 hours.

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## PARKER HOUSE ROLLS

1 c. milk, scalded  
2 Tbsp. shortening  
2 Tbsp. sugar  
1 tsp. salt

1 cake fresh or 1 pkg.  
granular yeast  
1/4 c. lukewarm water  
1 well beaten egg  
3 1/2 c. flour

Combine milk, shortening, sugar and salt. Cool to lukewarm. Add yeast softened in lukewarm water. Add egg. Gradually stir in flour to form soft dough. Beat vigorously; cover and let rise in warm place (82 degrees) until doubled in bulk, about 2 hours. Turn out on lightly floured surface. Roll or pat to 1/2 inch thickness. Cut with 2 1/2 inch biscuit cutter; brush with melted fat; crease each round through center with dull edge of knife and fold over. Place on greased, shallow pan or cookie sheet; brush lightly with melted fat or salad oil and let rise until doubled in bulk. Bake in hot oven, 400 degrees. Makes 3 dozen small rolls. Cool thoroughly, then wrap in special moisture-vapor-proof paper and put in your home freezer.

Allow to thaw at room temperature. Can reheat if you wish warm rolls for your meal.

Bread can also be wrapped in special paper and put in your home freezer and have fresh bread any time you wish. Allow three hours at room temperature for frozen bread to thaw.

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## VEGETABLE MEDLEY

Vegetable mixtures are delicious--and very convenient for soups, salads, casserole dishes, or interesting vegetable variations. The following combinations have proved excellent.

No. 1:

2 1/3 c. peas  
2 1/3 c. cauliflower  
flowerets

2 1/3 c. carrot strips  
1 c. sliced celery



## VEGETABLE MEDLEY (Continued)

Yield: 4 pint boxes.

No. 2:

1 1/2 c. cut whole kernel corn	2 c. diced carrots
4 c. string beans, cut in 3/4 inch lengths	1 1/2 c. Lima beans
	3 c. peas

Yield: 6 pint boxes.

Blanch individual vegetables and chill in ice water or cold running water. Gently mix vegetables until they are uniformly combined. Package and store in home freezer immediately.

Directions for serving--Place frozen vegetables in saucepan with 1/2 c. water and 1/2 tsp. salt. Cover and cook until vegetables are tender--4 to 5 minutes for medley No. 1 and 12 to 15 minutes for medley No. 2.

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## ANGEL FOOD CAKE

1 c. cake flour	1 1/2 tsp. cream of tartar
3/4 c. sugar	3/4 c. sugar
1 3/4 c. egg whites	1 tsp. vanilla extract
3/4 tsp. salt	

Sift flour with 3/4 c. sugar 4 times. Beat egg whites with salt until frothy; add cream of tartar and beat until stiff but not dry. Add remaining 3/4 c. sugar, 1 Tbsp. at a time, folding in thoroughly. Add vanilla with last addition of sugar. Sift flour mixture over top, a little at a time, and fold in lightly with a down-up-over motion. Bake in 10-inch ungreased angel cake pan in moderate oven (325 degrees) 75 minutes. Invert pan to cool. Cool thoroughly then place in a carton of suitable size, use an outside wrapping of moisture-vapor-proof material and seal. Place in your home freezer and freeze. Allow to thaw at room temperature.

May be frosted, if desired, with your favorite

## ANGEL FOOD CAKE (Continued)

icing.

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## DATE CAKE

1/2 lb. dates	1 egg, beaten
1 tsp. soda	1 1/2 c. flour
1 large Tbsp. butter	1 tsp. baking powder
1 c. hot water	1 tsp. vanilla
1 c. sugar	1/2 c. chopped walnuts

Cut up dates into small pieces. Add soda, butter, and hot water. Let stand a few minutes. Add sugar, beaten egg, vanilla, walnuts, flour and baking powder. Bake in moderate oven 25 to 30 minutes in a loaf cake pan (about 9 x 12 inches).

Cool thoroughly. Place in a carton of suitable size, use an outside wrapping of moisture-vapor-proof material and seal. Place in your home freezer for future use.

Thaw at room temperature. Serve with whipped cream. Delicious!

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## WHITE CAKE

1 1/2 c. sugar	4 tsp. baking powder
1/2 c. butter	4 egg whites, beaten stiff
1 c. milk	1/2 tsp. vanilla
3 c. flour	1/4 tsp. salt

Thoroughly cream butter and sugar. Add vanilla. Add flour, sifted with salt and baking powder alternately with milk, beating well after each addition. Fold in egg whites carefully. Bake in 2 waxed-paper-lined 8-inch cake pans in moderate oven (350 degrees) 30 minutes. Put layers together and frost with fudge frosting.

Cool thoroughly--place in a carton of suitable size, use an outside wrapping of moisture-vapor-proof material and seal. Label and date. Place in your home freezer

## WHITE CAKE (Continued)

for future use.

Allow to thaw at room temperature and serve.

Also cake batter may be poured into cartons designed for freezing foods. When ready to use, place frozen cake batter into greased cake pans and allow to thaw completely (1 to 2 hours) at room temperature. Bake as freshly-made batter.

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## BAKED ALASKA SANDWICH

1 layer cake (square or oblong)	4 egg whites
1 qt. ice cream	1/2 c. sugar
	1 tsp. vanilla

Cut cake into halves and trim to fit deep tray. Line tray with heavy waxed paper so that paper extends 2 inches beyond each side. Pack ice cream into tray and freeze until hard. Lift ice cream from tray with ends of waxed paper and place one of the halves of cake in tray. Place ice cream on top, then the second half of cake. Wrap in foil and place in your home freezer until ready to serve.

Directions for serving--beat egg whites until nearly stiff, beat in sugar gradually, add vanilla and beat until stiff. Place a board at least 1 1/2 inches thick between 2 pieces of corrugated paper, cover top with wax paper and place cake and ice cream on top. Cover top and sides of cake with the meringue, making sure it is at least 1 inch thick. Bake in very hot oven (450 degrees) until meringue is delicately browned. Serve immediately. Serves 10.

Use any flavor of ice cream desired. Any kind of cake except angel food may be used.

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## CHOCOLATE FREEZER COOKIES

(Melt in your mouth.)

## CHOCOLATE FREEZER COOKIES (Continued)

2 sq. melted unsweetened chocolate	2 3/4 c. flour
1 c. shortening	1/2 tsp. soda
1 c. sugar	1 tsp. salt
2 eggs, well beaten	1/2 c. finely chopped nuts

Melt chocolate and blend with shortening. Add sugar; cream thoroughly. Add well beaten eggs and nuts. Sift dry ingredients once and stir into mixture. Roll in waxed paper and chill. Wrap in special freezer paper or foil. Freeze in your home freezer immediately.

Directions for baking: Slice as thin as possible and space a short distance apart on greased cookie sheet. Bake at 400 degrees for 10 to 12 minutes. Yield: 6 dozen.

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## FREEZER COOKIES

For fresh-baked cookies on short notice.

1 c. shortening	1/2 tsp. salt
2 c. brown sugar	1 tsp. soda
2 eggs	1 tsp. cream of tartar
3 1/2 c. sifted flour	

Cream shortening. Add sugar gradually and cream together until light and fluffy. Add eggs and beat thoroughly. Sift together dry ingredients and mix into the creamed mixture. Shape dough into three or four rolls about 1 1/2 inches in diameter. Wrap each roll of dough separately in special freezer paper or foil. Freeze immediately in your home freezer.

Directions for baking--Cut frozen cookie dough into 1/8 inch slices. Bake on ungreased baking sheet in 400 degree oven 8 to 10 minutes. Makes about 100 cookies.

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## APPLE PIE

On baking day, make an extra pie or two for future use.

### Pastry:

2 c. sifted all-purpose flour	2/3 c. vegetable shortening
3/4 tsp. salt	5 Tbsp. ice water

### Filling:

1 1/2 Tbsp. flour	3 c. sliced apples
1/4 tsp. cinnamon	1 Tbsp. lemon juice
1/3 c. sugar	1/3 c. sugar
	1 Tbsp. butter

Sift flour and salt once. Cut in shortening. Add water a little at a time and blend with fork until mixture holds together. Roll out half the dough in circular piece, 1/8 inch thick. Fit into 9-inch paper pie plate and trim pastry at edge of pie plate. Combine flour, cinnamon and 1/3 c. sugar and sprinkle in bottom of pie shell. Place apples over sugar mixture and sprinkle with lemon juice and remaining sugar. Dot with butter. Roll remaining pastry in circular piece 1/8 inch thick. Do not cut vents in top. Moisten edge of pastry in pie plate; fit top crust over apples and trim 1 inch from edge of plate. Fold top crust under and flute edge. Wrap in special freezer paper and seal. If light weight material like cellophane is used, cover with stockinette. Freeze in home freezer.

Directions for baking--Cut slits in top crust, place frozen pie in 400 degree oven and bake 55 - 60 minutes.

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## APPLESAUCE

When apples are at their prime and plentiful, make applesauce and put in your home freezer for use during the rest of the year.

Wash apples, pare, quarter and core. Add small amount of water; cover and cook slowly until tender. If desired



## SAUCE (Continued)

through sieve or colander. Add sugar to taste (about 1/2 cup to 10 lbs. apples) and continue cooking until sugar dissolves.

Stir thoroughly. Put in moisture-vapor-proof cartons. Label and date. Freeze in your home freezer immediately. Each package of sauce will thaw in 3 to 4 hours at room temperature. Serve while still slightly frosted as an accompaniment for pork or poultry.

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## FROZEN DESSERT SALAD

1 1/2 c. creamed cottage  
cheese

3/4 c. heavy cream

1/4 c. chopped nuts

3/4 c. diced dates

3/4 c. shredded pineapple

1/8 tsp. salt

1/4 c. salad dressing

Mash cottage cheese with a fork until smooth. Whip cream, fold in cheese and add nuts, dates, pineapple, salt and salad dressing. Freeze in a carton designed for freezing foods--or for individual servings, place in fluted paper cups which in turn are sealed in freezer cartons. Freeze in your home freezer immediately for future use.

Directions for serving: Serve frozen on lettuce leaf with mayonnaise.

Yield: 6 servings.

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## FROZEN FRUIT SALAD

2 pkgs. cream cheese

3/4 c. mayonnaise

1 c. heavy cream

3/4 c. diced pineapple

1/2 c. chopped maraschino  
cherries

1/2 c. chopped ripe olives

1/2 c. chopped nuts

Blend cream cheese and mayonnaise. Whip cream and add to cheese mixture. Fold in drained fruits, olives and nuts. Turn into cartons designed for freezing foods--

## FROZEN FRUIT SALAD (Continued)

or for individual servings, place in fluted paper which in turn are put in freezer cartons and seal. Place in your home freezer for future use at a moment's notice.

Directions for serving--Serve on lettuce leaf with salad greens with mayonnaise.

Makes 8 servings.

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## CHILI CON CARNE

Make a double recipe, serve for a meal, put rest in your home freezer for future use.

1 1/2 c. red chili beans  
or 1 No. 2 can kidney beans  
1 large onion, sliced  
1 chopped green pepper  
1 lb. ground beef  
3 Tbsp. fat  
1 bay leaf

1 No. 2 1/2 can tomatoes  
(3 1/2 c)  
1 1/2 tsp. salt  
1/8 tsp. paprika  
1/8 tsp. cayenne pepper  
3 whole cloves  
1 to 2 Tbsp. chili powder

Soak chili beans overnight. Cook in boiling, salted water until tender. Brown onion, green pepper, and meat in hot fat. Add tomatoes and seasonings. Simmer 2 hours, adding water if necessary. Add beans; heat thoroughly. Chill thoroughly, package in cartons in meal-sized quantities. Freeze in your home freezer for future use.

Directions for serving--Place frozen chili con carne and 1/4 c. water in saucepan, cover and heat slowly 20 to 30 minutes until mixture is completely thawed and heated.

This recipe serves 6.

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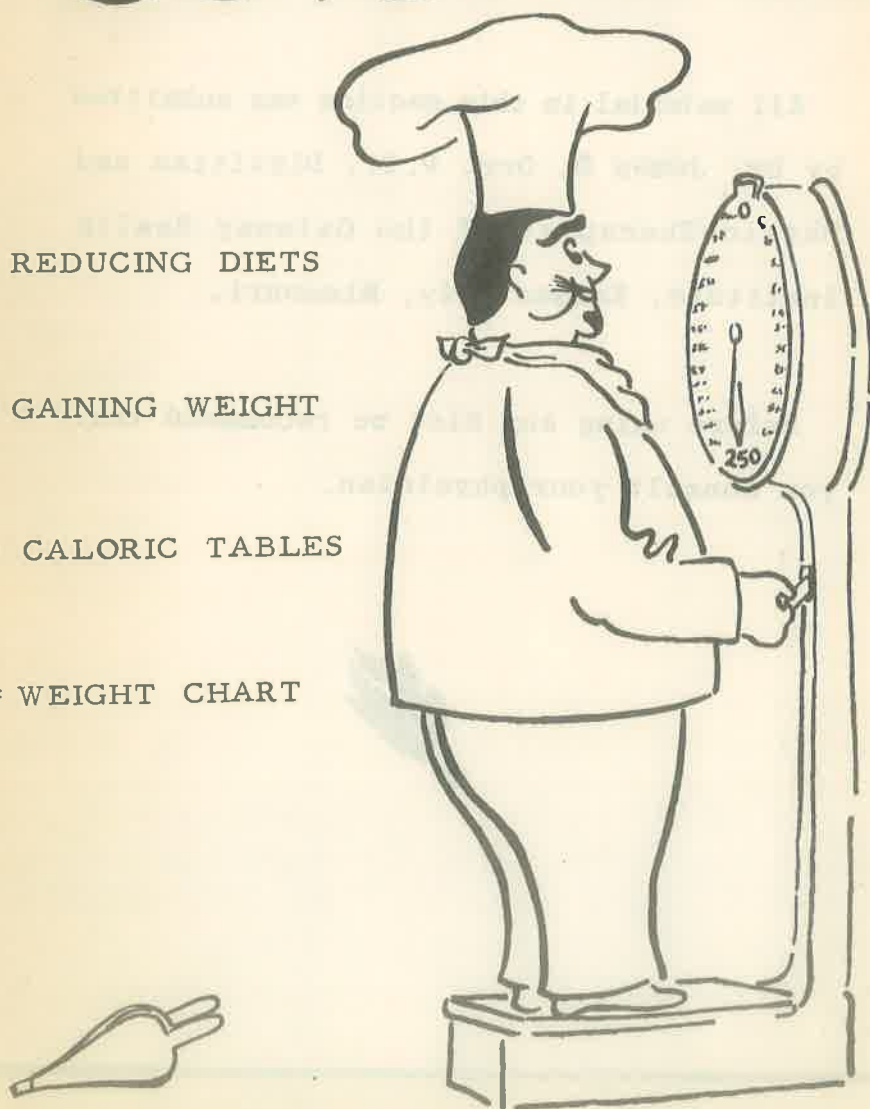
# Weight Control

\* REDUCING DIETS

\* GAINING WEIGHT

\* CALORIC TABLES

\* WEIGHT CHART





All material in this section was submitted by Dr. James D. Orr, P.T., Dietitian and Physio-Therapist of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you consult your physician.





## EIGHTEEN DAY REDUCING DIET

**BREAKFAST:** In this diet the same breakfast is used every day and consists of: 1/2 Grapefruit  
Melba Toast, Coffee

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**NOTE:** Melba toast is dry bread toasted without butter.

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### LUNCH

### DINNER

#### FIRST DAY:

1/2 Grapefruit  
1 Egg  
6 Slices Cucumber  
1 Slice Melba Toast  
Tea or Coffee

2 Eggs  
1 Tomato  
1/2 Head Lettuce  
1/2 Grapefruit  
Coffee

---

#### SECOND DAY:

1 Orange  
1 Egg  
1 Slice Melba Toast  
1/2 Head Lettuce  
Tea

1 Small Broiled Steak,  
PLAIN  
1/2 Head Lettuce  
1 Tomato  
1/2 Grapefruit  
Tea or Coffee

---

#### THIRD DAY:

1/2 Grapefruit  
1 Egg  
8 Slices Cucumber  
Tea or Coffee

1 Lamb Chop Lean, PLAIN  
1 Egg  
3 Radishes  
1/2 Grapefruit  
Tea or Coffee

---

#### FOURTH DAY:

1 Tomato  
1/2 Grapefruit  
1 Slice Melba Toast  
Cottage Cheese  
Tea

1/2 Grapefruit  
Water Cress  
1 Small Broiled Steak,  
PLAIN  
Coffee

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## EIGHTEEN DAY REDUCING DIET

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### LUNCH

### DINNER

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#### FIFTH DAY:

1 Orange  
1 Lamb Chop Lean, PLAIN  
1/2 Head Lettuce  
Tea

1/2 Grapefruit  
1 Tomato  
2 Eggs  
1/2 Head Lettuce  
Tea

---

#### SIXTH DAY:

1 Egg  
1 Orange  
Tea

1 Poached Egg  
1 Slice Melba Toast  
1 Orange  
Tea

---

#### SEVENTH DAY:

1/2 Grapefruit  
1 Egg  
1/2 Head Lettuce  
1 Tomato  
2 Olives

1 Lamb Chop  
6 Slices Cucumber  
2 Olives  
1 Tomato  
Tea or Coffee

---

#### EIGHTH DAY:

1 Broiled Lamb Chop,  
LEAN  
1/2 Head Lettuce  
1/2 Grapefruit  
Coffee

1 Egg  
1 Serving Spinach, PLAIN  
1/2 Grapefruit  
1 Slice Melba Toast  
Tea

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#### NINTH DAY:

1 Egg  
1 Tomato  
1/2 Grapefruit  
Tea

Any Meat Salad

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#### TENTH DAY:

1/2 Grapefruit  
1 Lamb Chop Plain  
1/2 Head Lettuce  
Tea

1/2 Grapefruit  
1 Lamb Chop PLAIN  
1/2 Head Lettuce  
Tea

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**ELEVENTH DAY:**

1 Slice Cinnamon Toast  
Tea

1 Small Broiled Steak,  
PLAIN  
1 Stalk Celery  
1 Tomato  
2 Olives  
Tea

---

**TWELFTH DAY:**

1/2 Lobster  
2 Crackers  
1/2 Grapefruit  
Tea

1 Broiled Steak, PLAIN  
Cole Slaw  
1 Tomato  
1 Orange

---

**THIRTEENTH DAY:**

1 Egg  
1 Slice Melba Toast  
1/2 Grapefruit

1/2 Grapefruit  
1 Small Broiled Steak  
1/2 Head Lettuce  
1 Stalk Celery  
Coffee

---

**FOURTEENTH DAY:**

1 Egg  
1 Tomato  
1/2 Grapefruit  
1 Slice Melba Toast

1 Lamb Chop, PLAIN  
1/2 Tablespoonful Catsup  
1 Slice Melba Toast  
1/2 Grapefruit

---

**FIFTEENTH DAY:**

1 Egg  
1 Slice Melba Toast  
1/2 Grapefruit  
Coffee

1 Small Broiled Steak,  
PLAIN  
1 Small Portion Spinach,  
PLAIN  
1 Orange  
Tea

---

**SIXTEENTH DAY:**

1 Egg  
1 Tomato  
1/2 Grapefruit  
Coffee

1 Small White Fish,  
Broiled  
1 Small Portion Spinach,  
PLAIN  
1 Orange  
Tea

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### SEVENTEENTH DAY:

1 Lamb Chop, PLAIN	1 Small Broiled Steak,
1/2 Head Lettuce	PLAIN
1/2 Grapefruit	1 Tomato
Tea	1 Stalk Celery
	Coffee

---

### EIGHTEENTH DAY:

1 Chicken Leg Broiled	1/2 Can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade	Coffee
NO SUGAR	

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NOTE: You may substitute fish or the white meat of chicken any time for the lamb.

If you have not lost the desired weight you will repeat until you have lost the weight you wish.

This diet takes the weight off slowly, but you do not become flabby.

Oranges may be substituted for grapefruit.

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### SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

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#### MONDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH	
Ham Sandwich with Lettuce.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	
Vegetable Soup.....	80
Hamburger on a bun.....	200
Ice Cream.....	200
Tea or Coffee, Black	

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Total.....1,045

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## SODA FOUNTAIN OR RESTAURANT REDUCING DIET

---

### TUESDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

### LUNCH

Tomato Soup.....	100
1 Bran Muffin.....	85
Ice Cream.....	200
Tea or Coffee, Black	

### DINNER

Chicken Soup.....	70
Egg and Lettuce Salad, Russian Dressing.....	100
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,030

---

### WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice.....	70
1 Bran Muffin.....	85
Tea or Coffee, Black	

### LUNCH

Chicken Sandwich.....	170
Ice Cream.....	200
Tea or Coffee, Black	

### DINNER

Tomato Juice.....	50
Sirloin Steak--3 in. square.....	200
Baked Potato.....	100
1 Pat of Butter.....	100
Ice Cream.....	200
Tea or Coffee, Black..	

Total.....1,175

---

## SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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### THURSDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

### LUNCH

Egg Salad Sandwich with Russian Dressing.....	160
Ice Cream.....	200
Tea or Coffee, Black	

### DINNER

Tomato Juice.....	50
Hamburger on a bun.....	200
Vegetable.....	50
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,025

---

### FRIDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

### LUNCH

Salmon Salad Sandwich.....	200
Ice Cream.....	200
Tea or Coffee, Black	

### DINNER

Tomato Juice.....	50
2 Scrambled Eggs.....	160
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,035

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## SODA FOUNTAIN OR RESTAURANT REDUCING DIET

### SATURDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Bran Muffin.....	85
Tea or Coffee, Black	
LUNCH	
Bacon and Tomato Sandwich.....	225
Ice Cream.....	200
Tea or Coffee, Black	
DINNER	
Vegetable Soup.....	80
Frankfurter on bun.....	200
Cole Slaw.....	75
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,155

### SUNDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	
LUNCH	
1 Boiled Egg.....	70
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	
DINNER	
Fruit Cocktail.....	125
Chicken, 1 Slice White.....	65
Gravy.....	40
Peas.....	65
Mashed Potatoes.....	120
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,160

## SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

## BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

### GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.

## BODY BUILDING AND WEIGHT GAINING

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The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

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## HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

## HIGH CALORIE DIET

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### BREAKFAST

- Fruit:** Choice of the following:  
One half grapefruit, one sliced orange,  
one medium sliced peach, baked apple,  
three stewed figs, or four to six stewed  
prunes.
- Cereal:** One cup of farina type cereal, with cream  
and sugar, or oatmeal or whole wheat  
cereal or one shredded wheat biscuit  
with cream and sugar. White or whole  
wheat toast with butter or jam.
- Egg:** Soft boiled, poached, or scrambled egg.
- Beverage:** Light tea or coffee, cocoa, milk or  
chocolate.
- 10:30 A.M. Egg nog, malted milk, hot chocolate, or  
cocoa.

### LUNCH

- Soup:** Choice of: One cup cream of spinach soup,  
asparagus soup, or tomato soup.
- Salad:** Choice of: One serving of combination  
salad, one serving of mixed vegetable  
salad, or salmon salad. To this should  
be added one tablespoonful of butter,  
and one tablespoonful of mayonnaise.
- Bread:** White or whole wheat toast, melba toast,  
bran or whole wheat muffin.
- Dessert:** Choice of: Chocolate pudding, bread  
pudding, tapioca pudding, or any flavor  
of gelatine. Raw fruit is especially  
good.
- Beverage:** Light tea or coffee, cocoa, milk or cho-  
colate.
- 3:00 P.M. Milk, (hot or cold), cocoa, malted milk.

## HIGH CALORIE DIET

---

### DINNER

- Meat:** Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.
- Vegetables:** Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.
- Salad:** Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
- Beverage:** Light tea or coffee, cocoa, malted milk.
- Dessert:** Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.
- 

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

---



## WEIGHT CHART

### WOMEN

Weight in Pounds.

(With Regular Clothes)

20-24	25-29	30 and over	HEIGHT (with shoes on)
113	116	119	4' 11"
115	118	121	5' 0"
117	120	123	5' 1"
120	122	125	5' 2"
123	125	128	5' 3"
126	129	132	5' 4"
129	132	136	5' 5"
133	136	140	5' 6"
137	140	144	5' 7"
141	144	148	5' 8"
145	148	152	5' 9"
149	152	155	5' 10"
153	155	158	5' 11"
157	159	162	6' 0"
...	...	...	6' 1"

### MEN

Weight in Pounds.

(With Regular Clothes)

20-24	25-29	30 and over	HEIGHT (with shoes on)
...	...	...	4' 11"
119	124	127	5' 0"
121	126	129	5' 1"
124	128	131	5' 2"
127	131	134	5' 3"
131	134	137	5' 4"
135	138	141	5' 5"
139	142	145	5' 6"
142	146	149	5' 7"
146	150	154	5' 8"
150	154	158	5' 9"
154	158	163	5' 10"
158	163	168	5' 11"
163	169	174	6' 0"
168	175	180	6' 1"

## CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup.....	160
Coffee.....	0
Buttermilk, 1 cup.....	85
Milk, sweet, whole, 1 cup.....	165
Tea.....	0
BREAD	
Biscuits, baking powder, 2.....	100
Bran muffins, 2.....	100
Corn bread.....	200
Cracked wheat bread, 1 slice.....	55
Rye Bread, 1 slice.....	75
White Bread, 1 slice.....	60
DESSERTS	
Angel food cake.....	150
Apple pie.....	200
Baked custard, 1.....	125
Bread pudding.....	200
Chocolate cake.....	400
Gingerbread.....	200
Ice cream, vanilla.....	215
Strawberry shortcake.....	300
FISH	
Fried.....	210
Boiled or steamed.....	100 - 185
Oysters, half-fry (6).....	80
Salmon, canned.....	110
Tuna, canned.....	125
MEAT	
Bacon, 3 strips, regular fry.....	175
Beef, roast, lean.....	100
Beef, roast, fat.....	340
Frankfurter, 1.....	150

## CALORIC CHART

Ham, smoked, medium fat.....	400
Liver.....	120
Pork chop, 1.....	200
Spareribs.....	330

### MISCELLANEOUS

Butter, 1 pat.....	110
Jelly, 1 tablespoon.....	445
Jam, 1 tablespoon.....	60
Macaroni and cheese.....	160
Omelet, 1 egg.....	130
Spaghetti and meat sauce.....	290
Spanish rice.....	155
Sugar, 1 teaspoon.....	20
Whipped cream, 1 level tablespoon.....	35

### VEGETABLES

Asparagus.....	15
Beans, green.....	35
Beans, Limas.....	130
Beets.....	45
Carrots.....	45
Cauliflower.....	30
Corn.....	100
Peas, canned.....	65
Peas, green.....	100
Potato, sweet, 1.....	200
Potato, baked, 1.....	100
Potatoes, creamed.....	100
Potatoes, fried.....	100
Spinach.....	20
Tomato, 1.....	25
Turnips.....	35

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